

# CURRICULUM

## 1. Calm the Fire

- What's going on in an intense kid's brain that causes challenging behaviors
- How to put out that "fire in the brain"

## 2. Avoid Hidden Landmines

- What you might unintentionally be doing to contribute to the fighting, yelling and frustration in your home
- Common triggers of power struggles and how to avoid them

## 3. Happy Chemicals

- Play and quality time techniques to put your child's brain in a calm and happy state
- Develop mutual respect with your child so you have more fun together

## 4. Red-Light Parenting

- How to get your child to listen and cooperate the first time (without repeating yourself!)
- Set clear, enforceable expectations to eliminate disruptive behavior

## 5. Mad2Glad Discipline Protocol

- How to respond both pro-actively and reactively when your child acts out, so they develop self-control and the ability to choose their behavior
- Get the framework to enforce a break that combines "time-in" (connection) with "time-out" (pattern interruption)

## 6. Emotional Communication

- How to help your child communicate their feelings and manage big emotion
- How to help your child self-soothe and become more independent at dealing with frustration and upset

## 7. Optimize Daily Routines

- Improve upon (or create) consistent morning, afternoon, and evening routines your child will follow without resistance or negotiation
- Easy transitions to get out the door, through the homework process, and into bed without a fight

## 8. Skills and Siblings

- Harmonize sibling relationships and decrease conflict
- Improve social-emotional and communication skills for highly competitive kids