



## LEARN THE 8 PILLARS OF PARENTING FOR MORE PEACE AT HOME

Discover the power of neuroscience, attachment, mindfulness, and child development to understand the roots of challenging behavior. Our parent trainings equip you with the knowledge and tools for helping your emotionally intense child calm, connect and cooperate so there's more peace at home.

Conflict Resolution

Positive Discipline

Daily Routines

Red Light Parenting

Emotion Coaching

Happy Chemicals

Avoid Fire-Starters

Calm the Fire

# OUR SIGNATURE PARENT TRAINING 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 FIRE-STARTERS

- 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. EMOTION COACHING

- 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

## 5. 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

## 6. 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

## 7. POSITIVE 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)

## 8. CONFLICT RESOLUTION

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

 LET'S CHAT [hello@samanthamoe.com](mailto:hello@samanthamoe.com)  
<https://samanthamoe.com/parents>



SAMANTHA MOE  
AND ASSOCIATES

## Meet Samantha Moe: Creator of Transformational Programs

Samantha Moe and Associates provides continuing education, advanced training, and certification for professionals who support intense kids and their families.

Certified parent coach and speaker Samantha Moe has coached parents on how to help their children calm, connect, and cooperate since 2004. She holds a Master's degree in Communication Disorders from the University of Minnesota and possesses a background in interdisciplinary training in sensory integration, play therapy, and emotional integration.

**Find out more about our trainings and workshops at**  
**[www.SamanthaMoe.com](http://www.SamanthaMoe.com)**