

Parents, we show you positive, step-by-step strategies to help your child settle down and listen.

- 👉 Specially designed for parents of emotionally intense kids
- 👉 Reduce fighting, yelling, and frustration at home
- 👉 Increase listening, connection, and happiness

UPCOMING LIVE COHORT

START DATE

Wed, Oct 25, 2023

4:00 - 5:15pm Central

(every Wednesday for 8-weeks)



WHAT'S INCLUDED:

- 👉 Instant access to 8 powerful brain-based parenting tools (online modules)
- 👉 A seat in our live 8-week cohort for step-by-step guidance & customized help
- 👉 50+ page workbook with detailed notes on every concept, plus specific action steps to transform a stuck family dynamic
- 👉 Enjoy 6 months of membership in our parent coaching community for continuous troubleshooting to successfully implement in your unique home
- 👉 Recordings of all classes; listen again whenever it works for you

LEARN MORE

<https://samanthamoe.com/parents>

SAMANTHA MOE
AND ASSOCIATES

OR LET'S CHAT! hello@samanthamoe.com



Certified parent coach and speaker Samantha Moe has coached parents on how to help their children calm, connect, and cooperate since 2004.

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

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