My Top 3 Behavior Challenges
1. _______________________________________.
2. _______________________________________.
3. _______________________________________.

WHY DO KIDS *REALLY* MISBEHAVE?

Behavior is not _______________________.
Kids have a hard-wired need for _______________ and _______________.

If kids don’t experience attention and power in age-appropriate, positive ways, they’ll resort to negative behaviors to get it.

POWER DEFINED:
• __________________
• Autonomy
• _______________ over my own world

Human beings are born with _______________.
Whether or not to “behave” is always their _______________.

NOTE FROM AMY: This is especially frustrating because as parents, we just want them to listen and obey, right? This is precisely why we need strategies that work WITH our kids’ hard-wired, non-negotiable need for power and control – rather than constantly trying to fight it! (Which we know never works!)
Punishment: causes the child to experience:

(A Positive Discipline definition)

- 
- Shame
- 

With blame, shame and pain punishment, we set up an environment that almost guarantees kids will __________.

“Where did we ever get the crazy idea that in order to make children DO BETTER, first we have to make them FEEL WORSE?”

——JANE NELSEN, ED.D.

NOTE FROM AMY: The more we use blame, shame and pain punishment, the better kids get at lying to avoid that blame, shame and pain in the future.
Which aspects of your personality trigger certain behaviors from your kids?

_______________________________________________
_______________________________________________
_______________________________________________

How might your partner’s personality invite certain behaviors and responses from your kids?  (If applicable)

_______________________________________________
_______________________________________________
_______________________________________________

Misbehavior is never just a ___________  ___________.

If we can simply STOP doing the things that ______________ our kids, we’re 50% of the way to solving the power struggles.
THE 5 R’S OF CONSEQUENCES
Without the 5 R’s, it feels like punishment.

R: ___________________________________
R: ___________________________________
R: ___________________________________
R: ___________________________________
R: ___________________________________

Adapted from Jane Nelsen, EdD
and H. Stephen Glenn, PhD

SCRIPT FOR REVEALING CONSEQUENCES:

1. State the __________
   ___________________________________
   ___________________________________
   ___________________________________
   ___________________________________

2. State the __________
   ___________________________________
   ___________________________________
   ___________________________________
   ___________________________________

3. Reveal the __________
   ___________________________________
   ___________________________________
   ___________________________________
   ___________________________________

4. Ask the child to __________
   ___________________________________
   ___________________________________
   ___________________________________
WHAT IF:

. . . my child won’t repeat back the rule and the consequence?

Avoid ___________________________: an attitude or remark that adds blame, shame and pain to the experience and directs the anger back to the parent.

“I see you chose to lose your video privileges. I have confidence you’ll make a better choice next time.”

Allow the child to ___________ ___________.

. . . I can’t think of a good consequence?

Consequences should be used ________% of the time.
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1. Go to: PositiveParentingSolutions.com/pricing
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• Parent Personality Assessment
• How YOU Contribute to Misbehavior
• Single Most Important Tool in the Toolbox

SESSION 2:
• Tools to give kids POSITIVE POWER
• Why REWARDS don’t work & what to do instead
• Chores & Allowance

SESSION 3:
• Tools for the most challenging power struggles
• How to rock morning, after-school & bedtime routines—without fussing or complaining
• All you need to know about Consequences

SESSION 4:
• More in-the-moment tools for Power Struggles
• Tools for bottomless attention buckets
• Strategies for backtalk, badgering & negotiating
• How to deal with revenge behavior

SESSION 5:
• Sibling Rivalry and Fighting
• How YOU unknowingly escalate competition
• When fighting gets physical
• Conflict resolution tools
• Strategies for little kid fights

SESSION 6:
• Family Problem Solving
• Skill Building: Leadership, Empathy, Negotiation

SESSION 7:
• How to avoid the backslide into old habits

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Q&A WITH AMY MCCREADY:

Amy McCready is a “recovering yeller” and the Founder of Positive Parenting Solutions. Amy is a regular parenting contributor on The TODAY Show and has appeared on Rachael Ray, CBS This Morning, CNN, Fox & Friends, MSNBC, Steve Harvey and elsewhere. In her most important role, she plays mom to two amazing young men.

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**Answers to the Most Frequently Asked Questions**

**Q: How do I know if this is going to work for me?**

Over the course of 15+ years, we’ve helped thousands of parents who believed their family issues were “unfixable” or “too difficult.” Many parents struggled for years before they found our program. The feeling that “nothing is going to work” is very, very common.

We understand that you want to be sure about investing in this program — and WE want you to be sure, too. That’s why we offer a zero-risk, 30-day money-back guarantee. (You can also rest assured knowing we’ve helped transform over 75,000 families with a 99% satisfaction rate.) If you don’t see dramatic, life-changing improvements in your kids’ behavior within 30 days, we’ll give you your money back, no questions asked. All you have to do is email us your request within 30 days of enrolling and we’ll process your refund.

**Q: How long will it take to see results?**

A: From the very first tool, on the first day, you’ll begin to see a change in how your kids respond to you. Positive Parenting Solutions produces results so quickly because of its practical, tool-based structure. Most parenting courses are big on theory, but they don’t offer actual tactics you can use in the heat of the moment.

Every concept you learn in our program comes with battle-tested tools and word-for-word scripts. So you always know exactly what to say and when to say it, which prevents you from reacting emotionally or leaving things to chance. Our tools are specifically designed to help you identify, isolate and resolve the root causes of the misbehaviors as they happen, rather than putting band-aids on symptoms.

**Q: How do the coaching calls work?**

A: ASK AMY Group Coaching Calls for Gold Members are perfect to help you problem-solve. You get to speak with Amy directly and get an immediate action plan when you have a question. ASK AMY calls are held during the week and on weekends to accommodate time zones around the world. Attend as often as you like for a full year! If you can’t attend LIVE, you can catch the broadcast later via Facebook Live in the Gold-Members-Only Facebook community. You’ll also have an extensive library of years of ASK AMY audio recordings which you can search by topic.

**Q: If I choose the 12-payment option, will I have access to everything in the course right away?**

A: YES! We provide payment options for your convenience. If you select to pay for the course in one payment or 12-monthly payments, you will have access to everything in the course immediately.

**Q: Is there a charge each year?**

A: No, once you pay for the course, you will have LIFETIME access. We’re here for you for the long haul and this course will continue to be your go-to resource throughout the years.

SEE OUR FULL LIST OF FAQ’S
PositiveParentingSolutions.com/FAQ