

# Get Kids To LISTEN without Nagging, Yelling or Losing Control



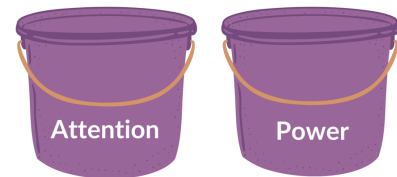
## My Top 3 Behavior Challenges

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TRUTH BOMB #1

Behavior is not \_\_\_\_\_.

There is always a \_\_\_\_\_ for the behavior.



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

## TRUTH BOMB #2

Kids only \_\_\_\_\_ the behaviors that \_\_\_\_\_ for them.

## POSITIVE POWER defined:

- \_\_\_\_\_
- Autonomy
- \_\_\_\_\_ over my own world

Your child's desire for power and control is not something they \_\_\_\_\_ they want.

*The need for power is universal.*

NOTES:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



# Get Kids To LISTEN without Nagging, Yelling or Losing Control

NOTES:

Lined area for taking notes.

## TRUTH BOMB #3

Human beings are born with \_\_\_\_\_.

Whether or not to behave, to listen, to cooperate, to do the right thing ... it's always their \_\_\_\_\_.



## PUNISHMENT ≠ DISCIPLINE

**Punishment:** causes the child to experience:

*(A Positive Discipline definition)*

- \_\_\_\_\_
- Shame
- \_\_\_\_\_

## TRUTH BOMB #4

With blame, shame, and pain punishment, we set up an environment that almost GUARANTEES your kids will \_\_\_\_\_.





# Get Kids To **LISTEN** without Nagging, Yelling or Losing Control

## NO-GUILT, NO-YELLING 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*

### NOTES:

---

---

---

---

---

---

---

---

---

---



## SCRIPT FOR REVEALING CONSEQUENCES:

- State the \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- State the \_\_\_\_\_ behavior  
\_\_\_\_\_  
\_\_\_\_\_
- Reveal the \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Ask the child to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Get Kids To **LISTEN** without Nagging, Yelling or Losing Control

**WHAT IF ...** my child won't repeat back the rule and the consequence?

---

---

**WHAT IF ...** my child makes a poor choice?

---

---

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

*Because you didn't follow our new rule for turning off the game...  
that means you won't be able to enjoy your gaming privileges tomorrow.  
But this is a learning opportunity...and I have complete confidence you'll remember next time!*

Allow the child to \_\_\_\_\_.

**WHAT IF ...** I can't think of a good consequence?

---

The 5 R's formula works when there is a very clear and *obviously* \_\_\_\_\_ consequence.

## TRUTH BOMB #6

You can't \_\_\_\_\_ your way to better behavior.

Consequences should only be used \_\_\_\_\_% of the time.



# GET STARTED NOW!

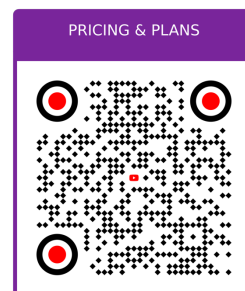
And have better-behaved kids by this time tomorrow.

7-Step Parenting Success System®	ELITE ACCESS	CORE CURRICULUM
Steps 1-7 On-Demand Video Training	x	x
37 Parenting Tools	x	x
Downloadable Workbooks	x	x
Parenting-In-Your Pocket® Mobile App	x	x
Download Direct-to-Device	x	
30+ Expert Series Masterclasses	x	
Inner Circle Community	x	
Inner Circle Weekly Training with Amy	x	
Inner Circle Weekly LIVE Q&A with Amy	x	
Inner Circle Weekly Team Tips	x	
<b>START-NOW BONUS</b>	Parent Personality Quiz	Parent Personality Quiz
<b>START-NOW BONUS</b>	No-Price-Increase GUARANTEE	No-Price-Increase GUARANTEE
<b>CANCEL ANYTIME</b>	<del>\$17.99 PER MONTH</del> <b>\$14.99</b> PER MONTH	<del>\$11.99 PER MONTH</del> <b>\$9.99</b> PER MONTH

[Select the plan that is best for your family.](#)



©2023 Positive Parenting Solutions. All rights reserved.





# WHAT YOU'LL LEARN

## STEP 1: The Science & Solutions for Better Behavior

- How to fill your child's attention and power buckets
- How BIRTH ORDER makes your child behave
- The FUN mom/dad strategy to minimize defiance, backtalk, and pushback
- The MOST IMPORTANT TOOL to improve attitude and cooperation ... within days. Guaranteed.

## STEP 2: From Complaining to Contributing

- Tools to give kids POSITIVE POWER
- Why REWARDS don't work & what to do instead
- How to end helplessness & increase independence
- Do's and Don't of CHORES & ALLOWANCE

## STEP 3: Putting You Back in Control (in a good way!)

- How to regain CONTROL, let go of GUILT
- How to rock morning, after-school & bedtime ROUTINES – without fuss or fights
- The tool to guarantee CHORES get completed
- Your go-to guide for implementing CONSEQUENCES without you being the bad guy

## STEP 4: From Power Struggles to Peace

- IN-THE-MOMENT tools for the most extreme battles
- How to fill bottomless ATTENTION buckets
- Strategies for BACKTALK, badgering & negotiating
- Healing solutions for “unfixable” REVENGE behaviors

## STEP 5: From Enemies to Besties

- Step-by-step tools to reduce SIBLING RIVALRY
- How YOU unknowingly escalate COMPETITION
- Conflict resolution tools — so you can stop playing REFEREE and your kids can work it out
- Your game plan for when FIGHTING gets physical
- Strategies for LITTLE KID fights

## STEP 6: Calm the Crazy's, Fire Up the FUN

- The #1 tool for family PROBLEM SOLVING
- How to increase EMPATHY in your home
- Tools for building your kids' LEADERSHIP capabilities
- FAMILY NEGOTIATION strategies

## STEP 7: Staying Strong Through the Ages & Stages

- How to AVOID THE BACKSLIDE into old habits – nagging, yelling, punishing
- Your plan for LONG-TERM PARENTING SUCCESS



## ULTIMATE EXPERT SERIES

- **Addiction** - Addiction Inoculation for Kids of All Ages
- **ADHD/EDD** - Homework Skills
- **Aggression & Anger** - The Explosive Child
- **Allowance** - ABCs of Allowance
- **Anxiety** - Help for Anxious Kids
- **Anxiety** - Raising Stress-Free Students
- **Attention** - Secret to Better Behavior in 10 Minutes
- **Bedtime** - Curing the Bedtime Blues
- **Blended Families** - 6 Mistakes Stepparents Make
- **Bullying** - Keeping Kids Safe
- **Chores** - No More Chore Wars
- **Divorce & Co-Parenting**
- **Entitlement** - Curing the Entitlement Epidemic
- **Mealtime** - Getting Kids to Eat What the Family Eats
- **Mealtime** - Raising Adventurous Eaters
- **Mornings** - Taming Morning Mania
- **Motivation** - Say NO to Rewards & Praise
- **Parenting Differences** - Getting on the Same Page
- **Partner Communication** - Stronger Than Ever Partners
- **Potty Training 101**
- **Routines & Structure** - Business Strategies in the Family
- **School** - 3 R's of Back To School Success
- **School** - Help for Homework Hassles
- **School** - Help for Struggling Students
- **Sex** - Sex Talks Simplified
- **Siblings** - Stop Sibling Bullying
- **Social Media** - Navigating Social Media with Your Child
- **Technology** - How to Manage Tech in Your Family
- **Teens** - 14 Talks by Age 14
- **Teens** - Tools for Parenting Terrific Teens
- **Time-Management** - Help for Overwhelmed Families



©2023 Positive Parenting Solutions. All rights reserved.

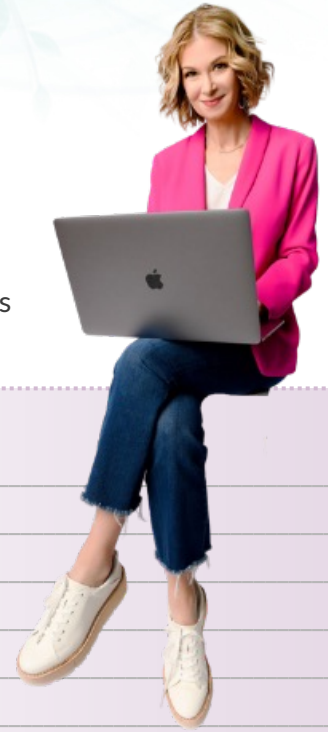
**QUESTIONS:**

**Text:** 919-584-9515

**Email:** [help@positiveparentingsolutions.com](mailto:help@positiveparentingsolutions.com)

## ABOUT AMY MCCREADY

Amy McCready is a “recovering yeller” and the Founder of Positive Parenting Solutions. She is a regular parenting contributor on The TODAY Show and has appeared on Rachael Ray, CBS This Morning, CNN, The Doctors, Fox & Friends, MSNBC, Steve Harvey and elsewhere. Amy’s greatest joy is helping moms and dads become the parents they always dreamed they would be.



### Q&A with Amy

A large rectangular area with a light purple background and horizontal lines, intended for a Q&A session with Amy. The area is enclosed in a dashed purple border.

## JOIN NOW

...and get the Parent Personality Assessment and No-Price-Increase Guarantee!

Select the plan that is best for your family.

