



Online Positive Parenting Training for Parents of Toddlers to Teens

The

"Bucket Method"

That Ends Power Struggles, Defiance, and Meltdowns — Without Yelling or Punishment

Presented by Amy McCreedy
Founder of Positive Parenting Solutions

HOW TO USE THIS WORKBOOK

This workbook follows the flow of this class. Fill in the blanks as Amy teaches, jot notes in the shaded boxes, and circle anything that feels especially relevant to YOUR family. You'll leave the session with a personalized snapshot of your child's behavior patterns and a clear next step.

Section 1

WHY KIDS REALLY ACT OUT

Before we begin...

What is the #1 behavior that is driving you crazy right now? (The thing that made you sign up for this training.)

The Science Behind Misbehavior

Behavior is not random. Every child has two hard-wired needs that must be filled every day:

Bucket #1:

The _____ Bucket

Your child's need for:

- _____
- Emotional _____



Bucket #2:

The _____ Bucket

Your child's need for:

- _____
- _____
- _____ over their own world



Kids only _____ the behaviors that _____ for them.

Notes

Section 1

WHY KIDS REALLY ACT OUT

Your child's need for power and control is not something they ----- they want.

The decision to listen, to cooperate, to do the right thing ... is always

-----.

Notes



They fight you hardest, on the things that ----- to you.



Notes

Section 2

DECODING YOUR CHILD

Attention Bucket Behaviors

Check the ones you see in your home:

- | | | |
|--|--|---|
| ☐ Whining | ☐ Interrupting | ☐ Showing off/acting silly |
| ☐ Clinging | ☐ Bedtime Stalling | ☐ Repetitive questions |
| ☐ Acting Helpless | ☐ Sibling pestering | ☐ Other: _____ |

Power Bucket Behaviors

Check the ones you see in your home:

- | | | |
|-----------------------------------|--|---|
| ☐ Defiance | ☐ Explosive meltdowns | ☐ Homework battles |
| ☐ Backtalk | ☐ Sibling rivalry | ☐ Chore wars |
| ☐ Attitude | ☐ Refusing to cooperate | ☐ Other: _____ |

KEY INSIGHT

You don't have a _____ problem.

You don't have a _____ problem.

You don't have a _____ problem.

You have a _____ problem.

Reflect on your family

Which bucket is most likely running on empty?

- ☐ Attention Bucket ☐ Power Bucket ☐ Both!

My biggest aha moment from this section

Section 3

YOUR PARENTING PERSONALITY

Every parent has instinctive reactions in the hard moments — and those reactions affect your child's buckets more than you might realize.

Notes



Misbehavior is never just a _____ problem.

We can eliminate _____ of the power struggles ... without our kids having to do a thing.

When your child refuses to cooperate, what is your honest gut reaction?

Circle any that sound like you:

- Jump in and take over to get it done faster
- Give in to keep the peace
- Raise your voice or get visibly frustrated
- Push back harder — you will not let them win
- Walk away before you say something you'll regret
- Other: _____

Now think about your partner

What would THEY circle?

When two parenting personalities combine, the impact on your child's buckets multiplies.

The **Parent Personality Assessment** inside the course decodes exactly how your personality triggers your child's behavior — and what you can do about it.

Section 4

DISCIPLINE MYTHS MAKING IT WORSE

As Amy busts each myth, fill in what you learn:

1

The Myth: _____

Why it backfires:

1. _____

2. They figure out how _____ you want them to do that thing.

And then, the power dynamic _____.

External _____ decrease _____ motivation.



_____ don't just stop working. They actively _____
your child's desire to do the right thing on their own.

TRUTH
BOMB

_____ are the gateway drug to _____.

YOUR CHILD ONE DAY:

"If I'm going to do something hard or uncomfortable, or go the extra mile ... there had BETTER be something in it for me."

THE REAL SOLUTION:

Filling your child's power bucket so they actually _____ to cooperate in the first place.

Section 4

DISCIPLINE MYTHS MAKING IT WORSE

2

The Myth:

You just need to be more _____ and _____.

Notes



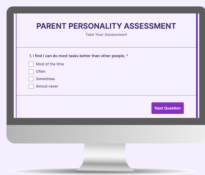
Being more _____ and _____ is not a parenting strategy.

Being calm is always better than yelling. But you being calm won't change your child's behavior in the future.

THE REAL SOLUTION:

You don't need more _____.

You need better tools — tools that work WITH your child's hard-wired need for power, not against it.



Parent Personality Assessment: *When you understand how your specific personality is triggering specific behaviors in your kids, you can stop blaming yourself for not being calm and patient enough — and you start making changes that actually work.*

Section 4

DISCIPLINE MYTHS MAKING IT WORSE

3

The Myth:

The right _____ will fix the misbehavior.

The Reality:

The backtalk, defiance, attitude, eye-rolling, arguing are all _____ bucket behaviors



You're working against _____, the way your child is wired — and that's why the child will always, eventually _____.

Taking away the iPad doesn't fill the power bucket; it empties it even further.

An emptier power bucket means:

- More _____
- More _____
- More power struggles



THE REAL SOLUTION:

The right tools: so they _____ to cooperate — while you still hold firm _____.



Consequences should only be used _____% of the time.



Responsibility-Building Consequences: Amy's proprietary framework connects your child's choices to real-world outcomes — building responsibility, accountability, and better decision-making — without emptying the power bucket.

Ready for the Other 90–95%?

All-In-One Parenting Success System — A parenting coach in your pocket. Yours for life.

Parenting Success Toolbox **CORE PROGRAM**

Short video lessons. 37+ tools to fill buckets, end misbehavior, and raise the person you want your child to become.

Expert Masterclass Library **DEEP DIVES**

30+ masterclasses. \$49 each (\$1400+ value) — not sold separately. New ones added free.

Parent Personality Assessment **YOUR ROLE**

Reveals your triggers. Both parents can take it. Same-day results.

Unlimited 1:1 Coaching with Amy **LIVE SUPPORT**

You speak to Amy personally. \$99/session value, unlimited for 1 year. Plus 3 anytime passes.

Private Communities **COMMUNITY**

Two age-specific groups. You can belong to both. Expert-moderated.

Enroll within 48 hours and receive:

- ✓ **\$150 OFF** — because you showed up and invested your time
- ✓ **LIFETIME ACCESS** — \$99/yr renewal fee waived. Pay once, yours forever.
- ✓ **FULL PARTNER ACCESS** — normally \$149, included free

**MOST
POPULAR**

ONE-TIME

\$249

reg. \$399 USD

3 PAYMENTS

\$97

per month

12 PAYMENTS

\$24.99

then lifetime access

100% Happiness Guarantee

30 days to try everything. Full refund if not satisfied — plus a \$100 Amazon gift card. No questions asked.

Special pricing expires in 48 hours.
After that, the price returns to \$399.
Scan to get started now!

SCAN
ME!



FREE BONUS: Get 5 backtalk strategies for tonight — reply BACKTALK to Amy's follow-up email