

# HOW TO TALK SO KIDS WILL LISTEN

## WORKSHOP SERIES

The goal of the **How To Talk So Kids Will Listen** workshop is to give you practical, effective methods of communication that will make your relationship with children of all ages less stressful and more rewarding.

You'll learn how to:

- Discipline without hurting or alienating
- Cope with your child's negative feelings
- Engage your child's willing cooperation
- Help your child develop a realistic and positive self-image
- Foster an atmosphere of love and respect
- Resolve conflicts peacefully



**This Program Is Free For All Tennessee Families!**

### What the Sessions Cover

#### **1. Helping Children Deal With Their Feelings**

Specific skills that help children to recognize and cope with their negative feelings disappointment, envy, frustration, resentment, anger, etc. Ways to accept children's feelings, limit unacceptable behavior, and still maintain goodwill.

#### **2. Engaging Cooperation**

How children react to the usual methods to get them to cooperate: threats, warnings, orders, name calling, sarcasm, lecturing, etc. Five ways to invite cooperation that will leave parents and children feeling good about themselves and each other.

#### **3. Alternatives to Punishment**

How do children react to punishment? Is it necessary to rely upon punishment as a means of discipline? Some alternatives to punishment that enable parents to express their strong disapproval as well as encourage children to assume responsibility for their behavior.

#### **4. Encouraging Autonomy**

Ways to help children become separate, responsible people who can one day function on their own. Specific skills that help children to develop their own inner resources.

#### **5. Praise**

An exploration of the kinds of praise that build a positive and realistic self-image and the kinds that do not. A variety of ways to help our children become aware of their strengths so that they can put them into action.

#### **6. Freeing Children from Playing Roles**

A look at how children are sometimes cast into roles (bully, whiner, dawdler, mischief-maker, etc.) and how we can free them from playing out these roles. Six skills that you can use to help children see themselves in a different and more positive light.

#### **7. Final Review**

TO LEARN MORE CALL  
615-963-1177  
OR SCAN



BASED ON THE BEST SELLING BOOK BY  
ADELE FABER & ELAINE MAZLISH

