

“Discover How to Tame Tantrums Quickly Without All the Drama!”

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When your children whine, throw tantrums, or refuse to listen it can feel like you're doing a terrible job. But you're not the problem, nor is your parenting! The reason why you feel so bad is that you've been given flawed information by well-meaning “experts,” friends, and family who use parenting methods that research proves to be flawed and ineffective.

When your children misbehave, these “experts” will tell you to either *ignore*, *redirect*, or *punish* your child—which typically makes things worse instead of better! And then you wonder...

Is Something Wrong With My Kid, Or Am I Just Crazy?

The Real Reason for the misbehavior and drama is that hidden biological, psychological, and social forces are driving those annoying behaviors. Once you understand how those hidden forces affect young children, you get your sanity back, and something even more powerful: a NATURAL and IMMEDIATE shift in how you calm the chaos, raise emotionally intelligent children and nurture your family.

If you want to lower your day-to-day worry, help your family bond, and know you're doing a great job, even if your child has special needs, you don't need to ignore your child any longer! **All you need is ONE approach that asks three simple questions:**

WHY Is My Child Acting That Way?

Solution Never get blindsided by those hidden biological, psychological, and social forces again. Instead, recognize how they drive unwanted behavior.

- **Biological:** Recognize your child's temperament
- **Psychological:** Recognize the limits of egocentrism
- **Social:** Recognize the limits of parenting styles

WHAT Do I Want Him/Her to Learn at This Moment?

Solution: Customize parenting style to meet YOUR family's needs so you can give children everything they need to become independent little people who thrive.

- Discipline should have two outcomes: good behavior, learn major life-skills.
- The In Touch Approach: teach life lessons to your “little disciple.”

HOW Can I Best Teach Him/Her This Lesson at This Moment?

Solution: *Nurture the ideal conditions for your children to grow WITHOUT* having to be “the perfect parent” so you can relax, ditch the guilt about not doing everything right, and NEVER feel wiped-out by your day-to-day challenges.

- To what degree do you practice excellent self-care strategies each day?

Dear fellow Parent:

I want to help you raise your children with greater awareness, increases sensitivity, and much more confidence! For your convenience, I have included free Bonus item on the page below!

It's just one of the many exercises found in my latest parenting program called "How To Tame Tantrums Without Raising Your Voice." To get the most out of this handout located on the next page, print it out and place it on your refrigerator. That way, when your children

- Fail to listen
- Ignore your request
- ... or just leave you speechless

you will have this powerful little tool to lead, guide, and direct your actions.

Note: If you want to learn more about this dynamic program for peaceful parenting, simple go to:

<https://www.intouchparenting.com/tame2.0>

Dedicated to helping your family thrive,

Steve

Module 4 Session 11

How to Talk so Kids Will Listen

In Touch parents realize that, short of physical punishment, you cannot make children do something they don't want to do. In Touch parents avoid power struggles by using statements you can backup with loving action.

Hot Tip: Each of the compelling statements are enforceable 100% of the time.

Weak Statements	Compelling Statements
"Use your inside voice."	"You can play here as soon as the sound of your voice matches mine."
"Don't interrupt me."	"I'll be glad to speak with you when I'm done."
"Stop yelling!"	"I'll speak to you when your tone of voice matches mine."
"Hurry up and finish!"	"Breakfast is over when the clock says 7:00 am."
"Sit still!"	"I'll be happy to put your food on the table as soon as you sit in your chair."
"Pick up your toys!"	"Feel free to keep the toys you pick up."
"Make your bed!"	"Feel free to play outside as soon as your bed is made."
"Go to your room!"	"Would you like to walk to your room or shall I carry you?"
"Quit hitting your brother!"	"You can join us when you decide to play nicer."
"Don't forget your homework."	"Feel free to play outside as soon as your homework is finished."
"Get dressed!"	"Would you like to go to school in your pajamas or your school clothes?"
"Put gas in the car."	"You are welcome to use the car so long as the gas gauge reads the same when you return."