



Discover How to Tame Tantrums Quickly Without All The Drama!

Raise Kids Without Raising Your Voice,
Get Out of Survival Mode,
and Restore Your Family Harmony Starting Today!



A **FREE** Special Report by **Steve Cuffari, MFT**

About Steve Cuffari

For many, Steve Cuffari is the mentor that parents call upon to change the way they relate to their children.



Steve is the vice president of In Touch Parenting, a company devoted to helping today's busy parents calm the chaos, raise emotionally intelligent kids, and nurture a family that thrives. He teaches strategies aligned with evidence-based parenting practices that help parents strengthen the emotional bond they want and deserve with their children. As a sought-after **Marriage and Family Therapist**, Steve has been helping families relate better since 2000. As an **Assistant College Professor** at Vanguard University, he's gained widespread acceptance with his students for more than 18 years while teaching:

Developmental Psychology
Foundations of Christian Life
Cognitive Psychology
Adulthood and Aging

Behavior Modification
Social & Cultural Psychology
Psychology of the Family
Introduction To Psychology

Child & Adolescent Psych.
Abnormal Psychology
Counseling Theories
Survey of Human Behavior

As an **Ordained Minister**, Steve also helps Christian parents develop an integrated approach that's grounded in the Bible and the latest research on best parenting practices.

To make your life easier, Steve has taken his in-depth knowledge into live parenting seminars. These popular seminars are rich with humor, insightful stories, and experiential exercises that will help you get and stay connected with your kids. His sensitive yet no-nonsense approach offers easy-to-learn solutions that work!

And that's just part of his story. After enjoying several successful years as a thoroughbred jockey in the U.S., Steve shifted his focus from riding horses to helping parents fine-tune how they interact with their children. Steve puts it this way:

"I went from riding races with the winner's circle in mind to helping parents get (and stay) in the winner's circle with their kids. It's my purpose in life, and I love it! When I keynote speak or counsel parents in my office, I get a deep sense of joy when they share a big breakthrough or success story with me because I was there to help!"

Steve provides easy-to-learn parenting advice to adults around the world via his website at

www.InTouchParenting.com



Introduction

Parents, what would life look like in your living room if you had a set of effective tools to not only tame temper tantrums but create and maintain a good sense of family harmony each day?



Hi, I'm Steve Cuffari. My experience helping families change and grow over the past decade has taught me that if you sense things could be better as a parent, you are probably right and here's why:

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 you've been given information by well-meaning "experts," friends, and family who use parenting methods that science proves to be flawed and ineffective.

When your children misbehave, these "experts" will tell you to either **ignore**, **redirect**, or **punish** your child. Until now, following this advice made 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!

To help turn this problem around, **all you need is the right information and a little guidance on how to apply it**. Many ordinary moms and dads have turned their bad relationships into good ones – and good ones into great ones.

They no longer survive as parents – they thrive!

So why not you?

When is it your turn? So here's my question...

Do you want to:

- **Tame those frustrating tantrums**, so you never worry about meltdowns, ruining your kids, or raising them to hate you?
- **Get the clarity and confidence you need so you can relax**, ditch the guilt about not doing everything right and stop feeling wiped out each day.
- **Know how to talk so kids will listen the first time**, so you stop repeating yourself or yelling.
- **Know how to give children everything they need** to develop secure attachment patterns and become independent little people who can handle what life throws at them.

If so, this report will help you get started on the right track. My hope is that you will soon discover why so many parents have read this report for answers and went on to tell their friends and family about this timely and long overdue approach.

In the following pages, you'll learn principles to help reduce your stress, focus your energy, simplify your decisions and – best of all – increase the emotional bond you desire and deserve while raising your beloved children.

To begin, I'd like to introduce you to a group of what I like to call “In Touch” parents...

For almost two decades, I've had the pleasure of helping parents just like you raise their kids with more confidence and less effort. And here's what I can tell you from experience:

In this report, you'll get the inside scoop on what works, what doesn't, and what steps to take to set yourself up for success as a loving parent of young children. And if you like the information I share in this report...

You'll love the home-study program I've put together for you. It's called [How To Tame Tantrums Without Raising Your Voice](#). You'll hear more about this course in a bit, but for now, pull up a chair, turn off the T.V., and let's dive into all the revealing content!



My Story

As my wife and I considered having children, we assumed we had parenting all figured out. Then we had two children! (Yikes, my whole life changed!)

When our first son was born, we felt a newfound sense of purpose, mission, and calling. I hoped he would become independent and self-confident one day and know that he was loved, respected and very important to me! Even so, by the time my second son was born, my children were running my home!

By the time my children were preschoolers, they were having emotional outbursts about virtually everything:

“I don’t like bananas.”

“You gave him more than me!”

“This isn’t fair!”

“You *never* let me do anything!”

“That’s mine!”

To be honest, I felt out of control—like my kids were running my house! I felt like something was missing in the way I was raising my kids.

I wonder if you can relate?

Several friends and family members suggested spanking, but I didn’t like that idea. Other parents told me I needed to explain things more, but my boys didn’t respond well to that approach either. Confused about what to do, I spent most of those days trying to solve parenting dilemmas by:

- Over-reacting
- Looking to others for guidance
- Scratching my head in uncertainty
- Feeling emotionally distant from my kids
- Being hyper-critical of my parenting skills

Although I loved my boys dearly, they were draining my energy, destroying my peace, and stealing my joy!

During that time, I became so frustrated with my current situation that I said to myself, “Something has to change! Enough IS enough!” Meanwhile, I had a dream of becoming a parent who would leave a warm, positive, and lasting impression on his boys—someone who could neutralize power struggles, someone who was fun to be around, someone who helped his family thrive. As a dreamer...

I secretly believed that all I needed was some faith and hope that my ideas would be realized. And then I learned a little secret – something that might surprise you, or better yet, liberate you!

**While it preaches well in church sermons and political campaigns,
HOPE makes a lousy parenting plan.**

You see, I HOPED that things would change. I HOPED that my parenting skills would improve. I HOPED that I could calm the chaos in my busy life. Even though my heart was filled with HOPE, I lost my focus. While other parents were enjoying their children, my family harmony was on the rocks! To make matters worse...

My Marriage Was Suffering, I Had No Confidence, And I Was Scared.

I vowed then and there to master the art of effective parenting. I knew this would help me calm the chaos with greater awareness, increased sensitivity, and much more confidence. I also knew that once I got good at this, it would help get my kids to behave, save my marriage, and restore my sanity.

I Did What Most Successful People Do

I remember hearing the late Jim Rohn, one of my favorite speakers, say “**Successful people invest in themselves and their education.**” I knew that if I wanted to rise out of survival mode and become an effective parent, I needed to follow that same path. That was the day I decided that survival mode was NOT for me. So I started to invest in:

- Myself and my education
- My dream as a parent
- My future as a dad

I followed Jim’s advice and bit the bullet. I vowed then and there to master the art of effective parenting.

I knew this would help. I also knew, once I got good at this, I could relax again and say goodbye to those temper tantrum nightmares. I spent lots of time (and money) on attending several parenting seminars, reading books, and searching through the professional literature on best parenting practices.

Boy, am I glad I quit making excuses like “I don’t have time” and “I don’t have the money to invest in myself and my education as a parent.” As a result, I was *NO LONGER* exhausted when my boys threw tantrums, fought, or sulked in silence.

Then My Family Harmony Returned!

With my newfound “powers,” I was parenting with more confidence and less effort, and I was enjoying my boys again. Then, others started asking me to teach them the lost art of effective parenting. The next thing I knew...

P.T.A. groups, Mom's Clubs, and numerous Mothers Of Preschoolers (MOPS) groups started calling me.

Why My Materials Work

Since those early days, I've refined the process into a bullet-proof system that's kid tested, and mother approved. The results even amaze me at times. I'm not sharing this stuff to brag. The truth is I am only good at a handful of things and outside of those things I'm pretty lame. (Ask my wife Toni how I am at fixing things around the house!)

I Boiled My Big Lessons Into An Easy-To-Follow 3-Step System To Help Parents:

- Communicate better.
- Discipline more effectively.
- Offer consistent emotional support.
- Care for themselves without feeling torn up with guilt.
- Develop expectations that are in harmony with what their children can deliver.



One of the central themes I share with parents is... **Effective parenting produces far more than children who are well-behaved.** Effective parenting produces children who are:

- Calmer
- Happier
- Emotionally intelligent
- Securely attached to their parents

If you are struggling as you face the challenges of raising pre-school age children, you certainly don't need any more hope. You need to know **WHAT TO DO**. You need to know:

1. Where to start
2. What specific steps to take
3. How to follow that path on a consistent basis

Sound boring or too simple to be true? Maybe. But your family won't think so when you remove the blocks to your success, reach your full potential, and bring out the "**new you.**" I want to level with you and share my heart.

I Know What It's Like To Be In Your Shoes.

I want help you avoid the obstacles that stand in the way of your success as a loving parent who is trying to tame tantrums—and do it with more confidence and less effort.

So now I'm going to share five of the hidden reasons WHY so many smart and intelligent parents struggle...

Reason #1: We Get Caught Up In The Activity Trap...

“I feel torn by all of my responsibilities!”



- Problem:** It's difficult to balance the demands of home and work life. Being a parent, a partner, or a spouse is challenging and trying to balance all of that with work makes parenting even harder! As a result, your priorities get out of synch because it's tempting to let your busy, stressful life overrule what matters most—how to help children become adults who thrives!
- Behavior:** You work really hard at taking care of family—making money, doctor visits, calling the babysitter, planning and fixing meals, keeping the house clean... you get the picture.
- Consequence:** Over time, you react to daily pressures you face and lose focus. Connecting with your child goes on the back burner. Even more, the negative energy generated by reacting to those concerns works against your ability to relate to your child well. As a result, you rely on formulas and quick fixes to tame tantrums. Over time, you respond to your child in ways that are automatic and reflexive rather than chosen or intentional.

Insider Tip: If you give your busy life permission to define what's important to you, feelings of inadequacy as a parent will only increase. However, if you take the time you need to think through how to tame tantrums, you'll avoid survival mode and nurture a family that thrives!

Reason #2: We Lose Connection During Key Moments

“He’s so good at pushing my buttons!”



Problem: When he reaches out to you—for any sort of emotional connection—and he senses that you are not “there for him,” he *feels* it!

Behavior: When he senses that:

- He is not important to you
- He does not get access to you
- He cannot rely on you for something *he* wants... his brain says, “Do something!” And that’s when his fight or flight reflex gets triggered, and tantrums often result.

Consequence: Like any normal child, he will resist the lack of emotional connection at some level by protesting and whining (fight) or withdrawing (flight) or a combination of both.

In response to his actions, your buttons may get pushed. As a result, you react and do the same—withdraw, protest, or a combination of both.

Then, the connection is ruptured.

Insider Tip: Close connection from a parent helps kids feel accepted and understood. It also helps them relax and behave much better.

Reason #3: Our Self-Talk Becomes Highly Critical

“I’m ruining my kids and raising them to hate me!”



Problem: When your little one displays unwanted behavior, your internal dialogue can become negative and hyper-critical. **Which statements sound familiar?**

- *I sound like my parents*
- *I’m way too easy*
- *I’m doing it all wrong*
- *They’re against me*
- *I’m not a good mom, wife, or friend*
- *I’m ruining my kids*
- *I’m way too strict*
- *I’m not doing enough*
- *I’m should know better*

Behavior: Those negative thoughts help you react instead of responding to your child. Connection suffers, and then the self-criticism gets worse.

Consequence: Those internal statements breed pessimism and stress. They can squash problem-solving, creativity, and objectivity. Your self-talk can impede your ability to be an emotional resource for your child.

It can become more difficult to cope with normal parenthood—and you both end up feeling stuck, insecure, or overwhelmed.

Insider Tip: I can show you how to change the way you parent by changing the way you think about, influence, and relate to your little one, so keep reading!

Reason #4: Our Empathy Is Low Or Missing

“You’ll be fine! Quit pouting!”



Problem: In the midst of your busy day, it can be difficult to put yourself in a child’s shoes or see the world through his eyes—*without imposing your adult ideas on him.*

Behavior: If your empathic skills are low, you may:

1. Refuse to consider or be aware of his experience.
2. Penetrate only a part of his emotional experience.
3. Identify his emotions as if they were facts only.
4. Over-identify with his experience—and make it about your stress.

Consequence: If your little one does not sense that you “get” his frustration, fear, or rage, he may avoid those intense thoughts and feelings over time. He may also stop confiding in you.

If your empathy is low, he may avoid admitting his limits or inexperience to you—or himself! Those actions can make it increasingly difficult to regulate and express his unique emotions properly. Over time, the close relationship you desire with him may suffer.

While he may feel misunderstood or alone, you will likely feel the same.

Insider Tip: When empathy is high, your little-one will feel like you “get” him; that you are “there” for him, that he gets emotional access to you. Research shows that kids who feel accepted and understood relax and behave much better.

Reason #5: We Lack Accurate Knowledge About “Best Parenting” Practices

Problem: In the heat-of-the-moment, we lack the clarity and confidence we need to calm the chaos, raise emotionally intelligent kids, or nurture a family that thrives.

Behavior: As a result, you are far more likely to develop permissive patterns of behavior with your child (“Just this once...”), rigid patterns (“Because I said so, that’s why!”) or chaotic patterns (yelling).

In response, your child is likely to do the same with you and become persistent (Please, just one more time...), rigid (No!) or chaotic (erupt into a raging tantrum).

Consequence: If you don’t get accurate knowledge and develop skills to support that knowledge, you are then likely to develop ineffective parenting habits. Like so many other parents, you could spend each and every day scratching your head in uncertainty and flying by the seat of your pants. You could spend the next two decades second guessing your parenting skills or feeling overwhelmed, needy, and alone!

Without accurate knowledge and skill, you will typically experience stress, frustration, and a growing sense of powerlessness—and so might your children.



Left unchecked, it can cause even bigger problems. Get the picture?

Thankfully, there */S* a solution...

With all the challenges you face as a busy parent these days, taming tantrums effectively is vital to your child's development and family harmony—far too vital to be left to chance!

Thus far, I've given you an overview of **WHY** so many smart parents struggle these days. But if you want to know the ins and outs of taming tantrums effectively, you'll love my home study program called **How To Tame Tantrums Without Raising Your Voice**. It will show you how to raise your child without raising your voice and how to get your kids to mind without losing yours in the process!



Keep in mind that it doesn't matter how smart you are to tame tantrums effectively. You don't need any special knowledge, experience, or skill to get your family harmony back. I'll show you the latest and most effective parenting tools that science has to offer which will make the process simple for you!

Okay... By now your mind is abuzz with what you need to do in order to tame tantrums more effectively and reclaim your family's harmony. You might be asking yourself, "How do I raise my little one without raising my voice?" And, "How do I tame tantrums without stress, punishment, or a fancy reward system?"

Well, you're about to find out...

In the next section, I will share with you **FIVE** insider secrets on taming tantrums quickly. Each idea will help you raise your kids without raising your voice so you can get out of survival mode and restore your family harmony! Are you ready?

Secret #1: Relationship Matters!

Ever notice how frustrating it is when your little angel acts like the devil? He fusses over food, toys don't get picked up, he says "no" to your requests, and bedtime rituals become a battle. And that's just the beginning—no matter how hard you try, your best efforts produce a child who is a pro at throwing tantrums.

Meet Ken and Mary, whose son Jacob *WAS ACTING LIKE THE DEVIL!*

Within seconds after meeting them, I learned that four-year-old Jacob was a pro. Each day, he would:

- Hit
- Not listen
- Backtalk
- Interrupt his mom on the phone
- Throw intense tantrums
- Refuse to wear his bicycle helmet

Although Ken and Mary described themselves as a united front, Mary was:

- Losing massive amounts of sleep over Jacob's meltdowns.
- Worried about leaving the house because of embarrassment.
- Tip-toeing on eggshells, wondering when the next explosion would happen.



After my assessment, I learned that Ken and Mary were what I called "technique focused" parents. When Jacob displayed any unwanted behavior, Ken and Mary had a technique for it. In fact, they were pros at delivering a timeout, removing privileges, ignoring unwanted behavior, and giving a verbal scolding when needed.

The problem? They were highly skilled technicians.

When Jacob misbehaved, they typically focused all their efforts on controlling his behavior rather than trying to identify and understand *why* he was upset and meeting *THAT* need.

In the heat of the moment, Ken and Mary focused all their energy on teaching Jacob:

- Right from wrong
- Respect for authority
- How to make good choices
- The power that words carry

Yes, each of these elements is important because they help children learn how to relate to others. But each technique diverted their attention from what also mattered: relating to Jacob in

frames of reference that helped him feel understood and accepted, despite his unruly and obnoxious behavior.

Here's the thing with teaching children. If your child does not sense that he/she can:

- Win in your eyes
- Get you to care deeply for his joys, hurts, and fears
- Get you to respond to his signals for connection and comfort

... the survival systems in his brain will get activated and triggered. Sadly, Ken and Mary were triggering Jacob's survival systems—and doing it *unintentionally*.

Yes, their efforts were well intended, but they were focused more on *correction* rather than hearing Jacob's S.O.S. signals. Jacob's misbehavior told me that he was in desperate need of parental *connection*. Meanwhile, Ken and Mary's efforts were over-focused on right behavior at the expense of a warm and supportive relationship with Jacob. As a result, Jacob's tantrums were becoming more frequent and intense, sometimes even lasting for hours!

Yes, Ken and Mary's efforts were intended for good. But the verdict is in:

Children are much more likely to thrive emotionally and socially when they have a relationship with a parent that is hallmarked by warmth and a secure sense of attachment. A strong bond of trust and attachment is key to taming tantrums and reclaiming family harmony.



Research calls this **attunement**.

Insider Tip: Attunement occurs as you become more aware of and receptive to your child's experience during a meltdown. It's one of the hallmarks of effective parenting.



Attunement is similar to adjusting a radio dial in your car to get a better radio signal. It occurs when you slow down and get emotionally "dialed in" to your child's specific developmental challenges. It helps you recognize and tune-in to her verbal and non-verbal cues, as well as

her unique gestures. Attunement helps you see and hear the language of your child. It reveals important information about what she needs, especially in times of distress.

When you are attuned, you are able to interact and react promptly and appropriately. Rather than reacting with fear or frustration, attunement helps you slow down and become responsive to your child's unique needs, even in the heat-of-the-moment.

In the end, getting and staying focused on the relationship is an absolute must if you are going to tame tantrums without all the headaches and drama! In fact, the single most important predictor of your child's success **depends solely on the nature of the parent/child relationship!**

Attunement is just one of those powerful keys. So, what does this mean for you?

Insider Tip: Your relationship with your child, regardless of your religious background, cultural heritage, or socio-economic standing, is *THE* single greatest predictor of your child's emotional and social health! Yep, it's a BIG deal.

Once I helped Ken and Mary understand that fact, life in their living room, and the frequency, intensity, and duration of Jacob's tantrums changed dramatically!

So how do you make sure the YOU are taming tantrums with more confidence and less effort?

Keep reading...

Secret #2: Your Approach Matters!

Before you waste hours of time and energy trying to tame tantrums, you must do a little prep work. If you skip this initial step, you're going to end up with less than stellar results.

Most parents tend to skip or ignore this all-important step, and that's why simply taking the time you need to think through the methods and tactics you employ with tantrums gives you a huge advantage.



Here's what I mean.

Some approaches assume that tantrums will diminish when you help children get in touch with their feelings. However, proponents of behavioral psychology doubt the healing power of emotional insight.

They assume that the problem behaviors *ARE* the problem and apply behavioral techniques to eliminate them (ignore it, employ a timeout, or remove a privilege). Rather than looking for inner causes, behavioral experts view tantrums as *learned* behaviors that can be replaced by more constructive behaviors.

NOTE:

Virtually all the best-selling books I read on parenting were focused on the behavior modification approach to taming tantrums. I know that because I've been teaching Behavior Modification for more than a decade at Vanguard University! And like every approach, it is driven by a set of basic assumptions. It assumes that children will:

- Repeat behaviors that are rewarded
- Avoid behaviors that are punished
- Misbehave because they *learn*—through trial and error—that throwing a tantrum, being bossy, and testing the limits gets them what they want.

In this view, both positive *and* negative behaviors in children are regarded as *products of the environment—what parents teach them*.

At first glance, the Behavioral approach offers easy-to-learn techniques. Here's a list of the most basic techniques of the Behavioral approach:

1. Divide all behavior into two categories ("okay" and "not okay" behavior).
2. Reward good behavior (do it quickly and often).
3. Don't "accidentally" reward bad or unwanted behavior.
4. Ignore unwanted behavior (especially whining and fussing).
5. Punish bad behavior (but use mild punishment only).
6. Be consistent.

The Behavioral approach offers easy-to-learn solutions that have good value for today's busy parent. However, this approach is loaded with limitations—and it helps explain why you might feel so stuck or guilty as a parent.

For starters, it blames parents for their child's tantrums because tantrums are viewed as a *product of the environment—what parents teach the child!*

I have a question for you.

Do you ever feel guilty or embarrassed by your child's unwanted behavior(s)? If so, you are *NOT* alone! Most parents become driven by what I call "Behavior Modification Guilt." In other words, their guilt about their child's behavior compels them. It drives them to try even harder to perfect their skills at rewarding good behavior and punishing unwanted behavior. So what do they do?

They dump all of their efforts into being even more consistent at doing both.

Insider Tip: After trying super hard to perfect your behavior modification skills, your children may continue to throw intense tantrums characterized by stubbornness, crying, screaming, and defiance. **And that's when most parents feel stuck—really stuck!**

Here's WHY...

As you take a deeper look into the Behavioral approach, you'll see that ***it gives no adequate answer to the nagging question of how to address a child's emotional needs—other than to ignore or punish the child.*** So I have a question for you...

Do you like feeling ignored? I don't know about you, but when I feel ignored by people I call important, I get really upset! It's no wonder that many children still throw intense tantrums when their parents rely on the behavior modification approach. I most certainly would!

Unfortunately, most parents these days rely heavily on Behavior Modification techniques. Parenting "experts" around the globe preach this approach.

Do these people sound familiar?

- Super Nanny
- Love and Logic
- Parenting Magic 1-2-3
- The Total Transformation
- Have a New Kid By Friday
- Positive Parenting Solutions



Although extremely popular, this approach will cause you to miss (and sometimes overlook) the emotional needs of your children—especially during tantrums! Why? You're instructed to "ignore" or "punish" the unwanted behavior... and be consistent!

Insider Tip: The reason why your children may be acting out is because they feel alone and misunderstood—like *their internal needs* didn't matter.

Here's what I mean.

Let's say your 4-year-old throws a fit at the breakfast table by looking you in the eye, pounding his fist on the table, and yelling, "I don't want milk!" With the Behavioral approach, all you need to do is "follow the script."

1. Resist the urge to "accidentally" reward the unwanted behavior by reacting to it (rule #2).
2. Next, without hesitation, gently punish bad behavior. Follow some of the best-selling authors out there and say calmly, "Oh... looks like a little time out." (rule # 4)
3. Next, remove any and all attention from your child while walking calmly over to set the timer for four minutes—one minute for each year of the child's age—(rule #3).
4. Next, calmly escort your child to the predetermined time-out area. Keep ignoring him and gently put him in a place away from people, one that is boring and free of any rewarding stimulus (rule #4).
5. If he protested and said something like, "I don't like you" or "this isn't fair," then you would stay with the script and continue to *ignore the unwanted behavior*. *Again, don't reward it by paying any attention to it at all* (rule #2).
6. Afterward, keeping with the script, you would allow your child to return to the breakfast table where he would most likely enjoy breakfast with his family again. During that time, you would praise his good deeds and employ rule #1, which is "catch him doing good."

If you subscribe *solely* to this approach, you have done a wonderful job of letting the consequences of his actions do the teaching. However, **you would have done so at the expense of your child's internal needs, including the need for emotional connection.**

Sadly, most loving parents these days fall into this inviting trap and so did I.

Relying *solely* on the Behavioral approach with the above techniques tends to escalate the problem rather than reduce or eliminate it. Remember, my kids were running my home for years!

Insider Tip: Using the Behavioral approach can set kids up to feel as though they don't matter when their emotional needs are the most intense—something every caregiver must avoid!

As you look even further into the **Behavioral approach**, you find something even more **alarming**. **As good as it is, this approach overlooks several other *internal causes* of misbehavior, including:**

- How a child's brain development effects behavior.
- How a child's temperament drives behavior.
- How your kiddo's childish thoughts drive behavior.
- How biological elements like sleep deprivation and hunger impacts behavior.
- How a child's unmet attachment needs drive behavior.
- How difficult it is for young children to emotionally self-regulate.
- How insecurity, uncertainty, and fear drive behavior.

Instead, this approach continues to preach that only the environment or *external* forces drive a child's positive and negative behavior. Internal forces are regarded as "irrelevant" and "useless."

Thankfully, research on best parenting practices offers another approach—one that doesn't ignore the internal or "inside" forces that can drive a child's behavior. You'll be glad to know there is a whole new body of evidence-based research out there.

It's called the **Attachment focused approach**.

This approach assumes that when caregivers are sensitive to the signals of a child's emotional, physical, and social needs, a child's attachment security increases. In other words, children feel secure when caregivers are emotionally present and responsive. At the same time, children tend to feel insecure when caregivers are perceived as emotionally distant, out-of-touch, or unresponsive.

From an attachment perspective, a child's negative or positive behavior is regarded as an attempt to form a stronger, more secure bond with others. More specifically, negative behavior is viewed as a ***distress signal***. In other words, it's not misbehavior; it's *stress-induced* behavior.

Insider Tip: The attachment approach assumes that temper tantrums will decrease as emotional bonding to caregiver's increases—the exact opposite of the Behavioral approach!

The Attachment approach assumes that when children can't talk things out with language, they often act things out with unwanted behavior. It assumes that both positive and negative behaviors are signals, like S.O.S. signals for:

- **Access:** Will you come close and really listen to me when I call?
- **Responsiveness:** Are you there for me when I'm anxious or excited?
- **Engagement:** Can I confide in you and take emotional risks with you?

In the Attachment approach, children are NOT seen as products of what they learn from their parents. Instead, they are young people, hard-wired for closeness and connection.

In this view, the reason children act unkind, or tantrum is *NOT* because of what they have *learned*, but because they are usually in distress.

This approach assumes that tantrums will diminish when parents help children get in touch with their feelings because the child is in need of parental love and understanding.



When children display “bad” behavior, the Attachment approach assumes that they are trying to be understood by caregivers because it's an *invitation* to know your child's intimate needs.

The Attachment approach assumes that young people need understanding, acceptance, and emotional support rather than a time-out or punishment in times of distress or misbehavior.

I've got good news... and bad news...



As you practice this approach, you will naturally focus your attention on your little guy's emotional signals. Despite his positive or negative behavior, you will start to focus on developing a closer, more emotionally *responsive* bond with him—which is huge!

WARNING: Although the Attachment approach emphasizes the internal forces that drive behavior, it has its flaws.

As an example, let's take the 4-year-old I mentioned earlier who threw a fit at the breakfast table and yelled, "I don't want milk!" Following the Attachment approach, you would focus *only* on his emotional needs...

...and then overlook or simply ignore his obnoxious, disrespectful, and inappropriate behavior!

From this perspective, you would do this to avoid rupturing his sense of emotional security. You might say something like, "Wow, you seem upset. Can you tell me what you want?"

However, in doing so, a big question begins to surface...

How Can We Legitimately Hold Children Accountable For Their Poor Choices And Misbehavior *Without* Reinforcing Unwanted Behavior—Or Becoming A Permissive Parent—And Raise A Brat?

Thankfully, that there is an easy answer. Taming tantrums effectively involves blending the behavioral approach and the attachment approach at the same time:

1. Reward desirable behavior (and do it often).
2. Redirect unwanted behavior to something more positive.
3. In some cases, punish misbehavior (gently).
4. Stay emotionally connected before, during, and after the process (no matter what)!

Insider Tip: By combining these approaches, or adopting a more holistic approach, you will be able to achieve a parenting style that addresses both the internal and external causes of behavior—and parent like a pro!

Rest assured. There is an effective way to hold children accountable for poor choices and misbehavior *without* becoming a permissive parent or someone who is harsh and punitive. By blending the behavioral approach and the attachment approach, kids learn how to behave we caregivers who:

- Have reasonable expectations.
- Are both demanding *and* emotionally present.
- Are clear about the standards they hold for their children.
- Hand responsibility and problem-solving back to their kids in gentle ways.

By blending the Behavioral and Attachment approaches, you not only tell kids that warmth, empathy, respect, and grace are important—you *show* them these attitudes and model them daily.

In other words, you live and model what you want your kids to learn. In this blended approach, you become an emotional resource to children rather than someone who adds more stress to an existing situation. And here's where the magic happens:

Your children will transfer what they learn from you to other relationships.

In my program, [How To Tame Tantrums Without Raising Your Voice](#), I've dedicated an entire module that includes the ins and outs of how to blend these two approaches and get fast results. Here's a sampling of what you'll get in **Module 1: The starting place of effective parenting**.

- How BEST** to blend these two approaches into your current parenting style—and do it without thinking too hard.
- We get you **aligned with the science** behind effective parenting, so you can give your children everything they need to behave better, bond with you, and become independent little people who get along with others!
- Discover how to get kids to **LISTEN THE FIRST TIME** so you can relax, stop repeating yourself, and reclaim your family peace.
- Discover the **3 REASONS WHY** misbehaving kids are not your fault so you can ditch the guilt and parent with **MORE** confidence and **LESS** effort!
- How to create the **5 IDEAL CONDITIONS** for kids to grow so you can prevent emotional outbursts, arguments, and power struggles without thinking too hard.

The reason I call this system **How To Tame Tantrums Without Raising Your Voice**, is that the strategies I teach focus only on helping you calm the chaos, raise more relaxed kids, and nurture a family that thrives!



If you are going to tame tantrums effectively, clarifying your approach matters.

But something is still missing, which leads to the next secret...

Secret #3: Knowing WHY Matters!

In my years of mentoring today's busy parents, I have seen it all. And unfortunately, one thing I see all too often is loving parents whose best efforts fall painfully short as they try to manage tantrums. It's heartbreaking. The sad truth is, there's a lot of misinformation about what it really takes to manage children when they throw a tantrum, fight, or sulk in silence. Many loving parents make major mistakes that could be avoided.

Let's take a look at these common pitfalls...

The first most common mistake—is to assume that problem behaviors *ARE* the problem and look for techniques to eliminate them. In the heat-of-the-moment, it's tempting to focus on **what** and **how** *without* a true understanding of **why** the tantrum even occurred.

And here's the problem: as you ask the *what* and *how* questions, all your efforts are focused on what's observable—the unwanted behavior—rather than addressing its root cause.

Remember Ken and Mary? That's what they did... and they really struggled!

Okay, let's say your little one, upon hearing that it's time to leave a play-date, erupts into a very intense temper tantrum loaded with whining, fussing, and a loud "No! I don't want to go!" It's tempting to say something like, "Stop that! You know better than to act like that! Now grab your things and let's go!" (As a recovering yeller, that's what I used to sound like... and I struggled!)

Insider Tip: If you **DON'T** recognize the hidden forces that drive a child's outburst, you will get blindsided by them. Then, your only option is to address the tantrum at the expense of what's driving it! (Doing so makes things worse, not better!)

When you are blindsided as to *why* the eruption happened, the possibilities of helping your little one calm down, self-soothe, and cooperate are severely limited. However, once you are clear and certain about *WHY* knowing *what* to do and *how* to do it will make the moment much easier—for both of you! Here's what Cathryn had to say after hearing me say this at a seminar.



“I have to admit that I was a bit timid and skeptical about changing my parenting style... But as soon as we got home my five-year-old, energetic son threw a hissy fit. Normally I get pretty upset when that happens, but I noticed how much calmer and patient I was when he lost it. What a difference! Your insight and tools really helped!” **Cathryn, Irvine, CA**

The next most common mistake is making faulty assumptions about *why* your child is throwing a tantrum. When your little one has a major meltdown, it's normal to use your prior knowledge and experience to understand it. Keep in mind, however, that those pre-existing ideas greatly influence how you *interpret* a tantrum.

Insightful as you may be, those ideas color and sway how you read tantrums. For example, when you're standing in the grocery store checkout line and your little one pitches a fit because he can't have a candy bar, it's tempting to assume that his behavior is

- Controlling
- Manipulative
- ...or downright disrespectful

THAT Little Assumption Can Cause You To Be More Confident Than Correct.

And yes, it will dramatically impact how warm, responsive, and firm you are (or not) in the moments that follow. If you're going to crack the code on taming tantrums without all the drama, you **MUST** find out what's **REALLY** driving them—the root cause of **WHY** they are happening. And trust me, I know this isn't always easy.

That's why one of the golden nuggets I give in my **Taming Tantrums** program is an instant access special module called **“Why do Kids Act That Way.”**

In this detailed section, I'll help you look over my shoulder as I show a simple method to discover the truth about what's driving your kiddo's tantrum.



This goal of this module is to give you **CLARITY** so you can stop worrying about meltdowns, screwing up your kids, or raising them to hate you.

Here's just a sampling of what you'll discover in this **Module**:

- A few **Easy-To-Learn** basics about how the brain works so you can neutralize any outburst, argument, or fear without all the drama!
- HOW** to respond to stressful situations so your children will become calmer, happier, and more connected to you in seconds!
- The 3 driving forces behind every meltdown so you can **become an A.C.E.** and parent with **Authority, Confidence,** and loads of **Empathy.**
- The **QUICKEST** way to ensure that your child's brain is NOT ruled by emotion, so you never have to walk on eggshells again.
- The 3 hidden reasons for why kids get so upset over the smallest things and the **SHORTCUT** effective parents use to address them.
- The PROVEN technique** that helps children become ready, willing, and able to follow your leadership, especially when they get stressed.
- The BEST way to get your child to relax quickly.**
- Discover the **2 TYPES OF TANTRUMS** so you can handle both like a pro. This lesson is a **GAME-CHANGER!**
- Learn how to make your parenting style **match your child's temperament** so you can get your strong-willed child to listen faster without any fireworks.
- 7 key steps to handling any tantrum anywhere. **Another GAME-CHANGER!**
- How to help children put **LANGUAGE TO THEIR FEELING STATES** so you can redirect their behavior with ease and confidence. (This is the key to parenting with emotional intelligence).
- Recognize what's REALLY** driving your bossy and sassy child, so you can parent with greater awareness, increased sensitivity, and get him to listen the first time.
- Discover the exact steps you can take to **STOP BEDTIME BATTLES.**
- Learn how to be THE RESOURCE** your children need so you can reclaim your family harmony.

You'll learn the step-by-step process for how to neutralize any outburst, argument, or fear—and do it without all the drama! (If you want to peek at everything I share in [How To Tame Tantrums Without Raising Your Voice](#), you can [get all the details on this content-rich page.](#))

Now, let's talk about the **third most common mistake** that parents make.

It's so tempting to over-focus on your children, but it's a big mistake. The key to effective parenting is to **AVOID** putting your child's needs (and your family's needs) in front of yours. If you do, then you will love your children and lose yourself in the process. **This is a HUGE MISTAKE. Think about it...**

Do you recall what flight attendants tell you to do if there is a loss of cabin pressure and the oxygen masks descend? Yep... “Put on your own oxygen mask AND THEN help your child.” The same is true when it comes to dealing with the stress in your home.

The best thing you can do to maintain a peaceful home is to meet your needs first and then the needs of your family. Let me say that again. The best thing you can do to maintain a peaceful home is to **meet your needs first** and then the needs of your family.

This statement may seem preposterous to you. When I remind folks of this in [How To Tame Tantrums Without Raising Your Voice](#), some aren't sure what to think. Some are plain offended. *Are you kidding? Focus on me first and not my kids? That's nuts!*

In this **Module**, you'll discover the specific tools you need so you can relax, stop worrying about doing everything wrong, and restore your energy, peace, and joy. Here's some of what we get into...

- How to take control of your parenting so you can breathe again. Trust me; This fundamental lesson goes against the grain; it's **COUNTER-INTUITIVE!**
- The 10 questions you **MUST** ask yourself so you can relax and parent with clarity and confidence each day.
- The 6 BEST ways** to avoid the harmful effects of family stress so you can RESPOND instead of REACT when children blow it.
- 5 specific ways to rise out of survival mode, unlock your full potential, and thrive—even in the midst of meltdown moments!
- The number one technique I **USE** and **RECOMMEND** ensuring that you continuously bring your “A” game to parenthood each day.

Focusing on ourselves first seems to go against the laws of parenting. Wouldn't that be neglectful or selfish? The answer is no—quite the opposite. Focusing on yourself first may be the biggest gift you can give your children. And here's why:

Insider Tip: As you identify the causes of your stress, it will help you manage and control that stress better. Doing so, will change the way you interact with every single person in your family!

These days, your average parent is over-scheduled and over-committed. Sadly, when tantrums erupt, you may fall into a few very predictable patterns...

Stressed Parenting Patterns:

- **Hyper-active:** You hover real low over your children, ready to swoop in for a rescue whenever they get upset.
- **Re-active:** You get triggered by a tantrum and end up being ruled by your immediate reaction to it, barking out orders void of any sort of warmth or sensitivity about the situation.
- **In-active:** You simply give in to the tantrum just to keep the peace.



“We came out of desperation today. Since we invest in our kids’ sports and education, we knew we needed to invest in their well-being. Your approach was easy to understand AND apply. We feel so much more confident about helping our 4 kids become great adults one day!”
Regan & Ryan, Westminster, CA

My experience has taught me that any one of these patterns is one of the quickest ways to let children drain your energy, destroy your peace and steal your joy! Even more, it’s one of the quickest ways to...

feel like you are wrecking your kids or disrupting your family’s harmony.

Thankfully, there is a better way to deal with the stress and anxiety that comes when children tantrum. It’s called self-care.

Once you start taking better care of yourself, you will quit giving your busy, external world permission to define what’s important to you. Any feelings of inadequacy and helplessness will vanish!



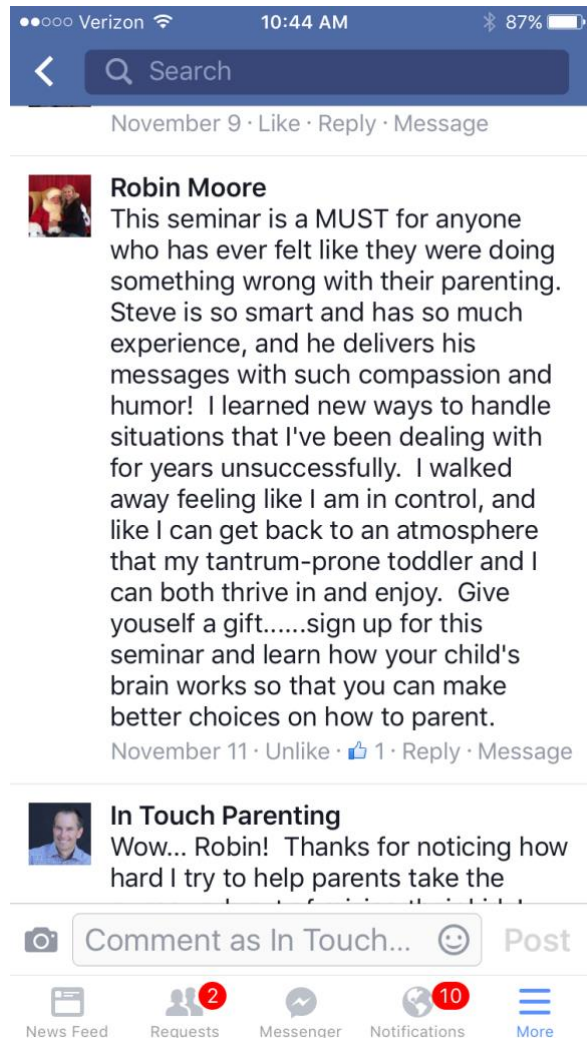
Best of all, you’ll get (and keep) yourself out of survival mode, which will help your family thrive every day!

Self-care is a major element of effective parenting. In [How To Tame Tantrums Without Raising Your Voice](#), I take the guesswork out of your self-care dilemmas. I reveal my proven self-care formula and help you determine the starting place for your unique self-care needs.



With [How To Tame Tantrums Without Raising Your Voice](#), you'll finally get leverage in your parenting style to help you reclaim the harmony in your home. Trust me when I say that you'll be BLOWN AWAY by how simple I make this process! And don't just take my word for it...

Here's what one of my seminar attendees posted on Facebook after learning about attending...



Okay, by now, you're probably more than ready to get started at improving your ability to tame tantrums with more confidence and less effort!

But if you are new to the game, you might be wondering where exactly you should focus your efforts.

So, keep reading to discover this next secret...

Knowing *why* kids act the way they do is just part of effective parenting. The next step is to...

Secret #4: Know WHAT you want children to learn!

When children misbehave, it's important to be clear about the deeper lessons you want them to learn from your parenting. Are consequences your ultimate goal? In other words, is the only goal to punish and "stop" the unwanted behavior? When you are angry punishment may seem best because irritation, impatience and frustration can generate those feelings. It's totally understandable, even common. But once you've calmed down, you and I both know that giving consequences is not the ultimate goal of effective parenting. It's something much bigger.

Effective discipline has two primary goals, and the short-term goal is getting kids to cooperate. Truth be told, some parents don't venture beyond this short-term goal so gaining immediate cooperation and saying things like "Stop it now!" or "Because I said so!" is the norm in their parenting style. My guess is that you want more than mere cooperation, that's why you are still reading this guide. You want to take your parenting to the next level.

To go beyond consequences requires that we rethink the idea of discipline when kids misbehave. Keep in mind that whenever you discipline kids, the overriding goal is not to punish with a consequence, but to teach. Think about it. The root word of "discipline" is the word *disciple*, which means "student" "pupil" or "learner." A disciple (the one on the receiving the discipline) is not a person who is punished, but one who is learning through instruction and a mentoring relationship.

Punishment might stop unwanted behavior, but teaching and mentoring kids offer skills that last a lifetime.

The second goal of discipline is accomplished in a different manner. It's done by parenting children in ways that help them grow and develop skills to handle challenging situations, and emotional storms with poise, resilience, and creativity. These "bigger skills" require internal learning so children can not only self-regulate but become thoughtful and conscientious in difficult times. Discipline is about working with children and helping them understand what it means to:

- Improve their skills
- Emotionally self-regulate
- Consider the feelings of others
- Control their immediate impulses
- Reflect on consequences—in advance
- Make thoughtful decisions at the moment



Parenting with both goals in mind looks and feels different. For example, instead of saying, "You destroyed your brother's sandcastle, now go in a timeout!" you'll find yourself asking a series of thinking questions to help your child become more patient and kind to his brother. "Sweetie, is that how you treat your brother?" Or, "You seem upset with your brother. Do we use our words or our fists to settle conflicts?"

Insider Tip: As a huge bonus, the more you employ discipline instead of punishment, the less you have to struggle to achieve the short-term goal of gaining cooperation.

Encouraging cooperation and building life-skills, these are the goals of healthy discipline. In [How To Tame Tantrums Without Raising Your Voice](#), we ask this question in depth: "What Do I Want My Children To Learn From My Parenting."

The goal of this module is to give you CONFIDENCE so you can...

... give children everything they need to become independent little people who thrive. Here's what we get into this powerful Module:

- HOW TO BECOME (and remain) A UNITED FRONT** so your kids can no longer play you, one against the other!
- The BEST way to deepen attachment and connection, so kids **WANT to follow your leadership.**
- How to use your **Single Greatest Parenting Tool** right now, so kids are well equipped for what life throws at them.
- Understand **AND USE the FORCE** that prepares kids for the real world so you can be proud of how they turn out.
- How to SHARE the CONTROL** so you'll raise healthy kids who are WELL ADJUSTED.
- How to TALK** so kids will listen the first time without any drama.
- How to LISTEN** so kids will open their heart's and TALK.
- The PROVEN technique** that works for children who are defiant, disrespectful, or dis-regulated so they will calm down and cooperate much easier.
- How to speak the **Language Of Acceptance**, so your children are not afraid to explore and take risks in life.

Creating the ideal conditions for children to acquire these "adult" life-skills is a great start, but no parenting style would be complete without...

Secret #5: Knowing HOW best to teach children.

Okay, let's get real practical. You have a 9 a.m. meeting and need to drop your kids off at school on the way to the office. As you rush to make breakfast, your two boys remain glued to the television watching their favorite cartoon. Then, you call out from the kitchen, "Okay, boys breakfast is ready! Shut off the TV." But you get no response. You peek your head around the corner and see your boys still glued to the TV. "Breakfast is ready!" you call again, a bit less pleasant this time. Again, no response... and then you lose it.

As a loving parent, you want harmony in your home, You want your kids to listen without power struggles, but how can this be achieved? Here are a few practical ways.

Step 1: Read You Child Well

I say this at all my seminars: "If you want to lead well, you have to **read well.**" Getting children to listen is much easier when you are dialed into their context (the emotional, physical, and cognitive circumstances that surround the situation). When it seems your kids are ignoring you, don't take it personally... they're kids. I know that's easier said than done when you are in a hurry. Even so, your first step is to get clear as to *why* they are acting that way. Otherwise,

you'll focus solely on their behavior, assume they are downright defiant and unwilling to work with you... and you'll get triggered!

Step 2: Connect Before You Correct

Simply put, when kids feel emotionally connected, they listen better. The next time your child acts out or engages in a power struggle, try a relational approach instead. Connecting with them at their level will work wonders, as they'll know you understand them.

You could say something like, "Oh, I see. You're feeling angry right now." Or, "It looks like you're pretty upset and you want Mommy to know that."

Step 3: Use Few Words

It may be tempting to launch into a long talk about the consequences of staying up too late or not taking a bath, but that tends to overwhelm young brains. Using your words sparingly is more efficient. "Hey, Charlie, is your lunch in your backpack?" or "Jonah, pajama time!" gets the message across just fine.

Step 4: Share The Control

Kids tend to listen better when parents share the control and power. It gives children a say in their fate. For example, "Go brush your teeth now!" is a direct command that triggers resistance, usually in the form of stalling. And saying something like, "Can you go brush your teeth now?" doesn't work a whole lot better. Many kids will simply reflect on the question and give a defiant, "No!"



If you want your kids to listen, don't phrase your request in the form of a yes or no question unless you're willing to accept no for an answer. Instead, try something like this: "Do you want to brush your teeth now or after you put your pajamas on first?"

Insider Tip: The key is to offer two choices that you can back up with loving action. In the above example, your child gets to put his spin on the bedtime routine, and you're happy with either choice!

Step 5: Sidestep The Power Struggle

The next time your child shouts, "You can't make me!" try this response instead: "Wow. You are upset and want daddy to know that. *I love you way too much to fight with you.*"

Step 6: Lead With Compassion

When a power struggle arises, try going "brain-dead." This may sound strange, but it works because your child is emotionally *reactive* instead of *receptive*. In this state, they are not open

to new information. So going brain-dead means giving up on trying to reason with an emotionally drunk human being because they are stuck. Going brain-dead is taking things down a notch and not feeding the reactivity with your response to it. The less you think about what an arguing child is saying, the more energy you'll have at the end of the day. As for your child, remember, he's in the grip of an underdeveloped brain. He needs you to show him the road to adulthood.

The next time your child argues about putting his toys away, try saying something nonchalantly like this: "I understand, but it's time to put your toys away now." Or try humoring him with this simple response: "Sweetie, I only argue on Fridays after dinner. I love you too much to argue."



Step 7: Follow Through

Not following through with what you say, tells kids you don't mean business.

Assuming your child's tantrum is a chosen response and things have escalated, follow through with loving action. Why? Defiance creates conflict for everyone in the family. It drains your energy and hurts your children by leading them to believe that nasty, disrespectful behavior is okay and gets them what they want.

If you let the behavior slide, your kids may struggle with relating to others. They won't develop a healthy respect for authority figures either. So calmly (let me say that again... calmly) stand your ground while following through with your requests.

Say something like,

- "Feel free to keep the toys you pick up." Or, "I guess you won't be playing with your Lincoln Logs (or Legos) until tomorrow. Sweetie, is that what you want?"

When you deliver a consequence with compassion and sincere empathy, defiant children learn how to be respectful instead of difficult. They also learn that parents will not be intimidated or manipulated by angry outbursts.

Insider Tip: There is a way to nurture the ideal conditions for children to grow WITHOUT having to be "the perfect parent."

In [How To Tame Tantrums Without Raising Your Voice](#), you get CONFIDENCE so that you can relax, ditch the guilt about not doing everything right, and NEVER feel wiped-out by your day-to-day challenges.

Here's just a snippet of what's revealed in this unique **Module**:

- Popular techniques**—how to determine which parenting technique to use during a meltdown (follow this step-by-step process, and you'll be proud of how your kids are turning out).
- The **SHORTCUT** effective parents use to **dramatically reduce** the frequency, intensity, and duration of any meltdown.
- The natural **3-Step Process** to get kids to **STOP WHINING** and start behaving again and again and again.
- The best way to **NEUTRALIZE BACK TALK** so you can tweak your parenting style for calmer, warmer, and more natural results.

...and a whole LOT more!

So Where Do I Go From Here?

To experience BIG results in the way you handle tantrums, you've got to make BIG changes in your parenting style because...

Massive results require massive action.

If you are ready to seriously consider how to take your parenting style to the next level and say “goodbye” to survival mode and say “hello” to a family that gets along well and thrives, I'd like to show you how, step by step.

For a few years, I hosted several exclusive; LIVE parenting seminars called **Raising Kids Without Raising Your Voice**. They were held at Vanguard University, in Costa Mesa, CA. I offered them to packed rooms on several occasions, and it was a closed-door seminar, where ONLY those allowed in could make use of the goldmine of information.

The ticket price was \$225 dollars, which may sound high until you realize that just a few of the strategies I shared transformed how these parents acted, reacted, and interacted with their children during a tantrum. Together they learned how to say “goodbye” to:

- **Pleading and arguing**
- **Bribing children with goodies**
- **Warning children to be responsible**
- **Threatening to take away privileges**
- **Showing frustration, hoping it will help**
- **Fighting with their kids about going into a timeout**



Read What Other Parents Had To Say...



“The insight we gained really helped! We both feel like we have greater awareness about why tantrums even occur. When our girl's meltdown, we are more compassionate and patient. Our confidence has definitely increased, which makes it so much easier to manage those melt-down moments.” **David & Ashlee, Foothill Ranch, CA**



“Steve, I wanted to let you know how much I appreciated your seminar. I really, really enjoyed it and felt super encouraged! I feel like my relationship with my daughter has improved! I'm more aware of why she's upset and more confident about how to handle it now. Having that awareness has really helped!”

Signe S., Long Beach, CA.



“Well worth the investment! Discovering the reasons behind why our children tantrum lifted a big burden off our shoulders! We feel so much more prepared to handle them. Your stories were very engaging and very relatable. Thanks, Steve!” **Erica & Brett, Villa Park, CA**



“Your seminar was quite thought-provoking, yet easy to understand. We feel so much more confident now. Thanks!” **Rob & Olivia, La Palma, CA**



Since I have 3 young children, your seminar gave me the time I needed to focus and think through my parenting style. Even though parenting can be overwhelming, I feel more clear and confident in how to handle meltdowns! Thanks, Steve! **Christine, San Clemente, CA**

Although the response to this seminar was phenomenal, I received a lot of emails from people who wanted to attend but couldn't. Thankfully, I listened closely to the reasons why many of you (especially moms) were not able to attend a 4-hour seminar (e.g., work, sports, family events, sitters, driving distance, unwilling spouses, too tired).

I love helping people, especially busy parents with youngsters. So, I removed those obstacles and made a home-study version called [How To Tame Tantrums Without Raising Your Voice](#).



You get everything you need to be an effective parent. Simply and quickly.

- ✓ **Start seeing results immediately!** Our quick start guide shows you just how simple it is to achieve your stress-free parenting style on our website.
- ✓ **Simple, 15-minute audio lessons** so you can get in, get out, and get on with your day.
- ✓ **An easy-to-follow 40-day plan for peaceful parenting, so you succeed.** This simple plan takes you step-by-step through the process and makes taming tantrums so easy; you won't even have to think about it.
- ✓ **Unlimited 24/7 online access,** so you can learn anytime, anywhere. Stream your audio lessons from your laptop, tablet, or mobile device and bring your Taming Tantrums On Demand program with you wherever you go.
- ✓ **A 95-page Success Journal,** so you absorb each lesson, simplify your parenting decisions, and get the best results possible.
- ✓ **An easy-to-use Progress Tracker** so you can stick to your plan and take your parenting to the next level.
- ✓ **5 "Done-for-you" exercises,** so you just connect the dots and enjoy a peaceful parenting style customized to fit your needs.
- ✓ **5 Inspirational memory cue-cards,** so you can place them on your refrigerator and stay focused throughout the program.
- ✓ **Daily follow-up emails during the program** so you will learn fast, stick with your plan, and see greater results.

I want you to **TRY OUT** this system today because I'll walk you through everything you need to know. Critical areas like:

- Discipline
- Self-care strategies
- Emotional engagement
- Communication
- Balanced expectations
- And a lot more...

It's all here! And all you need is...

... the internet to reclaim your family harmony.



“After our second child was born, our 5-year-old daughter really struggled and gave us a rough time during meals. Now she stays in her chair and eats without all of the drama. Bedtime used to be a battle, but now she brushes her teeth and cleans her room with a lot less whining and complaining! When she tries to talk back and questions me, I’m cooler, calmer and more collected. I just wanted to tell you how much you have blessed our family.” **Mark & Chandra, Ventura, CA**

And the GOOD NEWS is, I’ve priced it WELL below what a LIVE 10-hour seminar would cost. You can get all the details now at:

<https://intouchparenting.com/Tame2.0>

If you haven’t gone to the website by now, then you are like some parents who are interested but are a bit cautious—and for a good reason.

On the one hand, you want serious change. On the other hand, you might not be sure about my approach... or buying this system today. So, I want to put your mind at ease with our...

100% Happy Family Guarantee:

Get Your Kids To Listen (The First Time) In 5 Days Or Less, Or It’s FREE!

As a Licensed Minister, practicing what I preach is important to me. Otherwise, I’m not living a life of integrity—a key factor in being a purpose-driven parent. Believe it or not, there is more. For starters, you get instant access to...



4 FREE Bonus Gifts If You Act Right Now!

1. **Just for Dads:** In this “unplugged” audio lesson we get down to the nitty-gritty about a Dad’s perspective on family life, doing the right thing, and how to work in harmony with his wife and kids so everyone thrives.
2. **How To Solve Bedtime Battles Without Raising Your Voice:** In this lesson, you’ll get a step-by-step plan for how to choreograph the perfect evening from start to finish so you can relax and enjoy your children without fighting with your partner or your kids.
3. **How To End Chore Wars:** In this lesson, you’ll get the nuts and bolts of raising responsible children who WANT to contribute to your family’s needs, really.
4. **Instant Access To Our Private Facebook Group:** It takes a village to raise a child, and this one is digital! You get the support you need from me. Even more, you get a judgment-free zone with like-minded parents and get crowd-sourced answers you can use right away.

I’m so excited to offer this system as a home-study program to you! And, since you’re reading this report, I want to give you the BEST possible price—and reward you if you decide to take fast action with...

A Time Sensitive, Introductory Price!

But here’s the TIME-SENSITIVE news...

Purchase by SUNDAY, May 6th SAVE \$100!

The regular price for How To Tame Tantrums Without Raising Your Voice is \$249.

Just use coupon code **Tame149** to claim your \$100 savings!

That brings the cost to just **\$149.**

Or, you can make 3 easy monthly payments of \$63 (\$189 Total).

So, tell me... Are you ready to reclaim your family harmony with [How To Tame Tantrums Without Raising Your Voice?](#)

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(Just remember to use coupon code **Tame149** to claim your \$100 savings! But hurry—that coupon expires at midnight on Sunday!)

Dedicated to helping your family thrive,



Steve Cuffari, M.F.T. #44845

P.S. If you have any questions about “How To Tame Tantrums Without Raising Your Voice,” they are likely answered on my information-rich page at: <https://intouchparenting.com/tame2.0>

However, my team is also always available to answer your questions anytime. Just write us at info@intouchparenting.com or call us toll-free at. 888-316-2556