

WHAT TO EXPECT

WHEN YOU'RE DONE WITH THE EIGHT WEEK PROGRAM, HERE'S WHAT YOU CAN EXPECT.

- 1 Significant progress in the area of concern you raised at the beginning. Most parents say something like this. "We have moved from a 10 to a 4 and that is HUGE progress."
- 2 You'll learn new tools for family life that will equip you to reduce tension in the area of cooperation, getting things done, and building responsibility. You'll know how to teach your child how to see things that need to be done and do them without being asked. You'll also learn how to help your child contribute more to family life.
- 3 You'll gain some techniques and strategies that will facilitate correction more effectively in your home. These approaches help kids take responsibility for their mistakes and offenses, and reduce blaming, rationalizing, and justifying.
- 4 You'll target emotional challenges in your child and in yourself, gaining practical ways to reduce the intensity in family life.
- 5 You'll learn a lot of new ideas and approaches to parenting that will equip you to address all kinds of problems that will come up over the years.

HERE'S WHAT'S EXPECTED OF YOU DURING THE EIGHT WEEKS

- 1 Watch the weekly videos. (About 30 minutes weekly)
- 2 Meet with your coach to report, evaluate, and develop new strategies for the next week.
- 3 Practice, practice, practice. Each week you'll be given new tools to build into routines in your home. The more practice you do, the more change you'll see.
- 4 In addition you might want to read along in the four books used in this program.