

Parent Christmas Survival Guide

Extra Videos

Video 4

1. Tantrums:

Build on praise

Praise recap

- Nice words in a nice voice
- Be specific
- Say why

How to deal with a tantrum.

PLEASE NOTE THIS TIP SHOULD ONLY
BE USED ON CHILDREN AGES 2 1/2 UPWARDS

- Look away
- Straight face
- Say "when you are calm then we will talk"
- Praise as soon as you can (like when they take a breath)
- Repeat until calm
- One person speaking to the child only
- No shouting/ laughing

2. Allow drop outs:

- Encourage
- Praise
- Allow/ ignore

- Enjoy

3. Family rules :

- Give warning
- Invite all!
- Invite all to comment
- Invite all to listen
- Agree the rules
- Establish consequences
- Praise
- Follow through on consequences

Video 5

4. I.T:

- What are you modelling? ?
- Set boundaries
- I.T in rooms?
- Are they safe?
- Time on.
- Time off.
- Family rule discussion

5. Give a plan:

- Children like to know what is going on.
- Give a 5 min warning where possible
- Stick to normal routine where possible .

6. Present time!:

- Take turns
- Go slower

7. You play:

- You have an inner child let it out
- You will connect more with your children

- You will make more memories and have fun.

Coaching 1-2-1:

You have waiting for you a 50% discount on two Skype coaching session's in January.
Normally each session is priced £100 but priced £50 each for 2 in January.

These session are about You and your family.

Contact me by email or click [HERE](#) to claim your discounted sessions.

Thank you's:

May you and your family have a Happy
Christmas and New Year.

I look forward to meeting you on Skype in
January.

**You deserve the opportunity to have
the courage, strength and
self-belief to take control, have
more fun and be yourself.**

