

Parents Christmas survival guide

Giving you the Christmas you deserve

Helping you have control, fun and less stress this Christmas



Video 1

1. Tell yourself the truth

You are not perfect....But you are great and you are doing a good job.
It's time to be free of the pressure to be perfect and be you instead.

Daily write down three things you do well.

2. There is no perfect Christmas

Stop chasing something which does not exist

3. Choose your Christmas values

Write down three words you want your children to use in 20 years time to describe your families Christmases.

4. Think traditions:

What new traditions do you need to help live out your values ?

Which of your family traditions need to be modified?

Which of your family traditions need to be stopped?

Who is Richard?

My name is Richard Shorter, and I enable parents to take a stand against the myth of the 'perfect parent', to tear up and throw away this unfair and unattainable expectation we see all around us.

Being mum and dad is the hardest yet most amazing job we will ever do. Parents deserve the opportunity to have the courage, strength and self-belief to take control, have more fun and be themselves. This is why I offer coaching online or in person, drawing on my 20 years of experience in supporting families.

For more details have a look at <https://tendershoots.co.uk/who-is-richard/>

5. Plan a budget and stick to it.

Who are you going to talk about your budget with?

6. Plan your January reward.

My January reward will be _____

and I will have it on this day _____.

Using these videos:

Put the first 4 above into place, then pick the tips which are most helpful to you.

7. Plan time on your own.

In the next few weeks I will have the following time on my own _____.

8. Allow yourself to have a meltdown.

I am a normal human, it's ok for me to have a melt down.

9. Stay off social media

I will only go on social media for these times.....

I will ask my children to help keep me accountable.

I will follow www.facebook.com/tendershootsuk

10. Share

I am going to share out the following tasks

- 1.
- 2.
- 3.

Video 2

1. Ask them for help

These are three christmas jobs I can get my children to help me with:

- 1.
- 2.
- 3.

2. Have a clear out

As a family we can clear out toys, clothes and books we no longer need and give them to charity.

3. Slow down

I will slow down in the coming week in the following three areas?

- 1.
- 2.
- 3.

4. Play games

As a family we love playing games:

These are the games we can play over christmas:

- 1.
- 2.
- 3.

Richard offers parent coaching over Skype to help parents have the opportunity to have the courage, strength and self-belief to take control, have more fun and be themselves.

Email him richard@tendershoots.co.uk if you want more details on his services.

5. Time with partner

These are the times I'm going to spend with my partner over Christmas.

- 1.
- 2.
- 3.

Video 3

1. Praise Everything

Nice words in a nice voice

Be specific

Say why

2. Praise the qualities you want to see.

These are three qualities I would want to see increase in my children, so I will praise them when I see them.

- 1.
- 2.
- 3.

3. Praise positive sibling behaviour

These videos

Do you want to know how to handle the tantrums 2 1/2 years olds plus throw at Christmas?

How to get the best out of ipads/ phones/ computers etc ?

And many other top tips to help you set boundaries, gain control and reduce your stress at christmas?

These 3 free videos are in a series of 5 videos. You can buy the next two.

The cost? £30 for both videos

That's £30 for quality teaching, I am not the best at producing videos, but the content is top quality and tested on hundreds of families.

As a bonus I will include 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.

So thats 40mins of expert video teaching and two massively reduced Skype calls.

Click on this link to find out more: <https://tendershoots.co.uk/christmas-video-offer/>

4. Praise competitively

5. Praise adults

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



If you have any feed back on these videos please contact me.