



POSITIVE PARENTING CONFERENCE 2018

Try ONE of these simple challenges every day until they become ingrained habits!

#1: CONNECTION-BASED PARENTING

- ☐ **Rebecca Eanes:** Get curious about what's going on behind the misbehavior. Try to see from their perspective
- ☐ **Dr. Laura Markham:** Always choose connection. In any situation, instead of fear/judgement, choose love/healing
- ☐ **Alissa Marquess:** Smile at your child when they walk into the room. Show them they matter
- ☐ **Patty Wipfler:** Listen to your child for 5 minutes without interruption, advice or judgement. Let them feel heard

#2: SOLUTIONS FOR MODERN DAY PARENTING

- ☐ **Amy McCready:** Change one expression of praise to an encouragement (Good job => Wow, you worked so hard!)
- ☐ **Dr. Victoria Dunckley:** Turn off the ringer on your phone for today. You can check-in but it can't interrupt you
- ☐ **Dr. Peter Gray:** Let your child discover their passion by freely exploring one thing (no matter what you think of it)
- ☐ **Lenore Skenazy:** Let your child do ONE thing that you loved doing as a child that you normally don't let them do

#3: RESEARCH GUIDED PARENTING

- ☐ **Dr. Becky Bailey:** Today, when the world does not go your way, take a deep breath before you open your mouth
- ☐ **Dr. Michele Borba:** Pick any act of kindness that speaks to your family and do it for 1 minute a day for 21 days
- ☐ **Dr. Tina Bryson:** When your child irritates/annoys you, ignore behavior, focus on emotions and the mind behind it
- ☐ **Dr. Melanie Greenberg:** When worried/stressed practise grounding techniques (feet on ground, deep breaths etc.)

#4: HABITS & LIFE SKILLS (PART 1)

- ☐ **Dr. Deborah Gilboa:** Pick ONE thing you do for your child, and teach them how to do it for themselves
- ☐ **Maryann Jacobsen:** Today, dinner table is a happy place. No fights, no agenda. Only simple connection
- ☐ **Leeza Steindorf:** Pick ONE pattern of conflict in your family and look for solution for just that one conflict today
- ☐ **Holly D. Reid:** For each child, set a goal "I will save \$__ to pay for___ by __ date" and discuss how to make it happen

#5: HABITS & LIFE SKILLS (PART 2)

- ☐ **Katie Hurley:** Do something with kid(s) for 45 mins today. (No phone, tech or achievements discussions allowed)
- ☐ **Susan Greenland:** 5 times today, pause and intentionally pay attention to what you're doing (feel, smell, see, listen)
- ☐ **Amy Morin:** Think: What are my values? Am I parenting according to them? (Ex: Want smartest child or kindest?)
- ☐ **Douglas Haddad:** Think of ONE way to challenge your child so they can discover their own passion

THE GRAND PLAN

1. Print* this challenge list
2. Post it where you can see it daily
3. Try one challenge each day**
4. Aim to check off all 20 challenges each month
5. Print the challenge list again
6. Repeat steps 2 - 5

By next year's conference, these will be ingrained habits and you'll be so proud of who you, and your family, have become. And you can start with 20 new challenges. Good luck!

GREAT PARENTS ARE MADE, NOT BORN