

Commonly Asked Questions

- Where should parents begin making changes in their parenting?
- How much should change at once?
- How can we break the negative cycles that may be part of the family life of a child with behavioral difficulties?

You have taken a step toward dealing with the issues of parenting your child. But many parents are unsure how to proceed because they don't know where to begin and what to expect. This program is a framework for making lasting change.



This program is separate and distinct from Davis® programs offered by Learning Tools

Take the next step to effective parenting!

You and your family don't have to live with the frustrations of challenging behaviors.

You don't have to put up with the angst that comes from parenting challenging children.

If you'd like to have a harmonious family life, or if you have any questions, just get in touch.

Schedule your sessions today!

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Learning Tools

Solutions for Creative Thinkers

RESPONSE-ABILITY: PARENTING STRATEGIES FOR A HARMONIOUS FAMILY



Turn it around in just 7 weeks!

When you know better, you do better."

- Maya Angelou

PROGRAM FORMAT

Many families with children who exhibit challenging behaviors create negative interaction patterns that repeat, or have made allowances for, negative behavior in the past because they recognized that their child was unable to learn from conventional parenting programs and methods.

Now, that can change. This course allows parents to make positive changes to their parenting skills at the same time their child is making positive changes to their behavioral skills in a progressive, step-by-step way.

Who benefits from this program?

Parents of children with challenging behaviors who may or may not have diagnoses of ADHD or autism. Anyone who wants methods which are respectful of children, are non-violent, and yet clearly place the parents in charge.

Let the fun begin! If parenting your child were easy, you wouldn't have been searching in the first place. As a mom of dyslexic children who displayed ADHD behaviors, I know first-hand the challenges that come with parenting these children. If you are exhausted by your child, you are not alone.

This time will be different...

This program works because we concentrate on one thing at each step and give you time to learn to use the strategy before adding another one. Because it happens in steps, it is easier for you and your children to adapt.

The program is structured into 6 assignments. Each assignment is designed to implement a parenting skill and builds on what was mastered in the previous assignments. The assignment gives you a picture of what is common in the families I work with, a little bit of theory and some specific strategies. There are questions to help you to think through how the strategy can work in your family with your child. This step helps you to prepare for implementing the strategy. You will be asked to use the strategy and write down what happened over the course of the week. At the end of the week you will reflect on what worked and what didn't.

The weekly topics are:

1. How this program works, how long it takes and how it is structured.
2. Positive reinforcement for positive behavior.
3. Consequence statements "When..., then..."; "If..., then...".
4. Setting out expectations and rewards.
5. Siblings.
6. Motivation methods for your child.
7. Managing other adults in your child's life.



TIMING:

Typically, we schedule seven 60 to 90 minute in-person meetings, phone conferences, or Zoom meetings – the choice is yours. If enough families are interested in one area, a group with a weekly scheduled meeting can be formed. This can also be accomplished online with Zoom.

COSTS:

The program cost is \$1500 per family for personal coaching or \$800 for group coaching. This includes a manual, 10-14 hours of meeting time and email support.

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