

Behave Your Best!

Access to parenting help has arrived!

Included below are our pre-recorded workshops that are most popular and relevant in today's busy and changing society! We recommend that you watch or listen to these at your pace **in the order below from top to bottom** as listed.

1 Pretend You Are A Light Switch!®

If you haven't already, watch Pretend You Are A Light Switch!

[Video recording](#)

[PowerPoint](#)

2 Teach Better Behavior with Fewer Words!

When it comes to behavior, simply explaining the expectation isn't sufficient to result in the desired behavior change. Children learn the quickest if they actually practice using the correct behavior when their "light switch is on".

[Video recording](#)

[Audio recording](#)

[PowerPoint](#)

3 My Child Doesn't Respond to Rewards!

Capitalize on Your Child's Natural Motivation! We review the reasons children often do not respond to rewards and share other strategies to motivate your kiddos more naturally. We discuss how control may be your child's motivation and how to capitalize on that natural motivation and steer it into a positive direction.

[Video recording](#)

[Audio recording](#)

[PowerPoint](#)

4 My Child Constantly Pushes My Boundaries!

Teach boundaries to children through choices! Your child's ability to make a choice when presented with options is one of the first behavior regulation skills to develop. Learn how to put boundaries on your child's behavior so they feel a sense of control, autonomy, and power over their environment, all while still maintaining your parental boundaries.

[Video recording](#)

[Audio recording](#)

[PowerPoint](#)

5 Everything is a Battle or Negotiation with my Child!

Are you tired of your child's constant arguing, negotiating, or pushing of every one of the boundaries you attempt to create as a parent? If picking the battle means that your child displays unwanted behaviors, it is likely that you **need to** pick the battle, but in different way at another time.

[Video recording](#)

[Audio recording](#)

[PowerPoint](#)

6 Combat Impulsivity by Teaching Your Child Self-Control

We are raising children in a society that puts a high value on things that are fast and convenient. Children rarely have to wait for things. Because of this we have to intentionally create opportunities for our children to learn to wait for things, accept no for an answer, and move on when it is time to end something fun.

[Video recording](#)

[Audio recording](#)

[PowerPoint](#)

7 Teach Your Child to Listen the FIRST Time!

Tired of repeating yourself? Feel like your children only listen when you raise your voice? Learn our evidence-based strategies to teach your child to listen the FIRST time (most of the time).

[Video recording](#)

[PowerPoint](#)

