



Menu

This Menu gives you quick access to all the content for *Parenting the Difficult Child*. It will also keep track of your progress as you work your way through the program's video content in the topics. When you feel comfortable with the content of a particular section, take the corresponding assessment.

Module 1: Adopting a Relationship Driven Approach to Child Misbehavior

This topic is:
6% Complete

Topic A:
Parenting with Love and Acceptance | 1 hr 21 min | Hide Content

- VIEW 1. Are you overwhelmed by the challenges of raising your child? You're not alone! | 05:50
- VIEW 2. Seeking a sustainable relationship with your child | 03:12
- VIEW 3. Losing the joy of being a family | 03:33
- VIEW 4. Loving your child DOES work! | 02:17
- VIEW 5. Parental reactions spiraling out of control | 04:03
- VIEW 6. Does demanding your child change their behavior work? | 04:55
- VIEW 7. Changing paradigms: Looking through different lenses | 07:44
- VIEW 8. The "negative loop" of trying to change behavior | 02:06
- VIEW 9. Start by asking the right questions | 03:20
- VIEW 10. "Andy" versus "Billy" | 04:04
- VIEW 11. Children who suffer from trauma can be hopeless, helpless and powerless | 02:36
- VIEW 12. Characteristics of children who have suffered from trauma | 08:43
- VIEW 13. Giving your child the opportunity to heal | 03:35
- VIEW 14. John Bowlby's groundbreaking research on the impact of the early parent/child relationship | 08:19
- VIEW 15. Understanding your child's "brain science" | 07:42
- VIEW 16. Role Play: A relationship driven approach to a mother/daughter conflict | 08:48
- VIEW 17. Learning when to "let it go." | 01:47

This topic is:
0% Complete

Topic B:
Parent / Child Role Playing in Action | 1 hr 27 min | Hide Content

- VIEW 1. Are the same techniques used for autistic children? | 02:12
- VIEW 2. What do I do about my 6 year old that is stealing and asking about her birth mother? | 05:39
- VIEW 3. Role Play: A defiant 5 year old and her "type A" mother in crazy town | 08:48
- VIEW 4. What do I do about my overwhelmed 7 year old child that "shuts down?" | 05:20
- VIEW 5. Helping your child go from dysregulated to regulated | 08:51
- VIEW 6. Using "acceptance" to enact a love based behavior model | 02:21
- VIEW 7. Regaining the ability to listen | 00:44
- VIEW 8. Apologizing to your children | 01:36
- VIEW 9. Combining Mr. Rogers and General Patton? | 03:26
- VIEW 10. Role Play: An insubordinate 8 year old wants Cheerios | 10:08
- VIEW 11. Successfully juggling your work responsibilities | 01:56
- VIEW 12. You don't have to "fix" your kids | 03:44
- VIEW 13. What is your child's window of stress tolerance? | 03:35
- VIEW 14. Reduce your child's stress by adjusting the environment | 04:30
- VIEW 15. What should I do if my child regresses? | 02:06

- VIEW 16. Are you at your breaking point? | 01:10
- VIEW 17. Defeating the perception that you're a worthless and unsuccessful parent | 02:57
- VIEW 18. Does your child's behavior trigger your own "unfinished business?" | 07:30
- VIEW 19. Letting go of your own resentment, fear and anger | 03:09
- VIEW 20. Respond.... don't react | 02:40
- VIEW 21. Don't expect validation from your child | 05:05

Assessment:

Adopting a Relationship Driven Approach to Child Misbehavior

**Module 2:
Parenting Without Power Struggles**

This topic is:
0% Complete

Topic A:

Q & A with Child Behavior Expert Heather Forbes | 33 min | Hide Content

- VIEW 1. What do I do when my adopted daughter physically attacks me? | 07:37
- VIEW 2. How do I deal with a autistic son that "acts out" to seek attention? | 07:01
- VIEW 3. How do I avoid neglecting my other children when my difficult child takes so much time? | 05:59
- VIEW 4. What should I do with a 3 year old that has no understanding of consequences? | 06:02
- VIEW 5. Am I rewarding bad behavior when I coddle my whining 4 year old? | 06:16

This topic is:
0% Complete

Topic B:

Connecting With Your Child | 1 hr 21 min | Hide Content

- VIEW 1. Identifying your child's stress...both real and imagined | 02:40
- VIEW 2. The powerful impact child stress has on communication and connection | 02:38
- VIEW 3. Scaffolding and supporting your child | 00:48
- VIEW 4. Is your child overwhelmed? | 02:56
- VIEW 5. Characteristics of children with developmental deficit? | 05:00
- VIEW 6. Correlating age and child development | 03:46
- VIEW 7. Proactively reducing the size of your child's world | 04:54
- VIEW 8. Use "titration" to return your child to a normality | 01:01
- VIEW 9. Building a relationship with a child who does not want a relationship | 01:12
- VIEW 10. Role Play: A daughter who resists | 11:52
- VIEW 11. Unconditional Acceptance | 02:07
- VIEW 12. The psyche of a child who has suffered from relationship trauma | 02:20
- VIEW 13. Is medication and nutrition going to change my child's misbehavior? | 01:13
- VIEW 14. Your child's needs may be manifested though their misbehavior | 01:56
- VIEW 15. Keeping yourself in a good mindset | 01:11
- VIEW 16. Recognizing a pattern before it results in a child's "fight or flight" response | 07:22
- VIEW 17. A child's negative belief system results in a "family explosion" | 02:42
- VIEW 18. Common negative belief: "My parents won't love me anymore" | 01:13
- VIEW 19. Changing child behavior through repetitious conditioning | 01:16
- VIEW 20. Role Play: Helping a defiant child with their homework | 11:58
- VIEW 21. Role Play: De-escalating sibling conflict and rivalry | 03:13
- VIEW 22. Breaking the chain of negativity | 06:27
- VIEW 23. A summary and plan of action for your child | 06:13

Assessment:
Parenting Without Power Struggles