

Overall Program Description:

*The Mad2Glad Blueprint™ is the most in-depth online parent training that is proven to bring more Peace and Enjoyment into families. You will receive step-by-step guidance through the 8 Pillars of Parenting necessary to handle everyday situations with intense children. You will **discover exactly what's going on in your child's brain that causes them to lose control, and practical strategies** to help them calm down and get connected again. With roots in neuroscience, mindfulness and child development this program is effective for parents of intense kids, who may have Sensory Processing Disorder, ADHD, Autism, Giftedness, RAD, ODD as well as for parents of ANY child who is looking for practical strategies to reduce the fighting, yelling, and frustration at home! Upon registration you receive "forever" access to all 8 video trainings, our 60+ page parent workbook with detailed notes on every concept and specific action steps to transform your family dynamics, a 45+ page bonus workbook with "At a Glance" documents to post on your refrigerator for easy reminders and children's Yoga Calm poses to improve self-control.*

Program Outline:

Pillar 1: Calm the Fire

By understanding the brain and its impact on your child's behaviors, you can help your child become calm, cooperative and connected so that you enjoy spending time together. Pillar 1 gives you concrete information to replace what's not working with strategies that are effective and feel good.

Learning Outcomes:

- Learn how to put out the "fire in the brain" so your child (and your stress!) shifts from mad to glad
- Restore sanity: learn how to parent in a way that is peaceful, not damaging
- Develop positive parenting skills

Pillar 2: Avoid Hidden Landmines

Get clarity on what you might unintentionally be doing to contribute to the fighting, yelling and frustration in your home. Pillar 2 highlights our top 10 Hidden Parenting Landmines that set your child off and provides strategies to create greater peace at home.

Learning Outcomes:

- Understand common parenting challenges and the reason your child behaves the way they do
- Learn the common triggers of power struggles so you can avoid them
- Discover how to make your home an enjoyable space rather than a war zone

Pillar 3: Happy Chemicals

Learn tips, tricks and secrets to improve your child's mood and advance the neural rewiring process. Pillar 3 focuses on play and quality time techniques that put your child's brain in a calm and happy state. Understand how to develop mutual respect for each other so you have more fun together.

Learning Outcomes:

- Learn how to naturally flood your child's brain with calm, happy chemicals so they are more pleasant to be with and you can finally experience the "joys of parenting"
- Discover exactly what you can do during play to improve your child's mood so you no longer have to walk on eggshells
- Learn how to draw out your child's natural gifts
- Build confidence in being the kind of parent your child *needs*

Pillar 4: Red Light Parenting

Reveal the type of parent you are: red-light, green-light, yellow-light, or a combination! Pillar 4 reveals how to take back the reigns in your household. You will learn how to get your child to listen and cooperate the *first time*, without repeating everything multiple times or draining your energy. No yelling, hitting or medication necessary!

Learning Outcomes:

- Understand how to get your child "on board" and following directions without the fight
- Discover how to establish clear, enforceable behavior expectations and family rules to eliminate disruptive behavior
- Learn a positive family meeting structure to improve cohesion and prepare everyone for the proven discipline protocol so that pretty you will have more energy to spend on things *other than* behavior

Pillar 5: Mad2Glad Discipline Protocol

Receive step-by-step instruction on implementing our proven discipline protocol that takes only a fraction of the time and energy when compared to typical punishments. Pillar 5 gives you the framework to enforce a break that combines “time-in” (connection) with “time-out” (pattern interruption). You will learn how to respond to infractions both pro-actively and reactively so that you can address your child’s behavior from both angles, resulting in behavior improvements within 1-4 weeks.

Learning Outcomes:

- Learn how to shift the power so that you – not your child – are the one in charge
- Understand the “right” way to teach so your lessons sink in, your child develops self-control, and you get a break from being the behavior police
- Discover how to create a new map in your child’s brain so they develop self-awareness and stop to think rather than lashing out

Pillar 6: Emotional Communication

Become proficient at soothing high intensity emotions that previously drained your energy and added stress into the family dynamic. Pillar 6 teaches how to help your child communicate their feelings and manage big emotions so that they develop independence, confidence and a healthy self- esteem.

Learning Outcomes:

- Understand the #1 holistic parenting strategy that integrates your child’s emotions so they become more manageable
- Learn how to help your child self-soothe and become more independent at dealing with frustration and upset
- Discover how to re-gain your home’s emotional sanctuary

Pillar 7: Optimize Daily Routines

Discover how to create (or improve upon!) structured and consistent morning/afternoon/evening routines your child will follow without resistance or negotiation. Pillar 7 gives you specifics on optimizing routines, as these sets the foundation for easy transitions to get out the door, through the homework process, and into bed so that your time and energy are freed-up.

Learning Outcomes:

- Identify the most critical missing piece of routines that keeps you stuck in hurry-mode, becoming a “yeller,” or negotiations and bribes.
- Design and optimize your child’s morning, after-school and bedtime routines so you don’t have to nag or remind

Pillar 8: Skills & Siblings

Integrate all 8 Pillars of Parenting to address lingering topics unique to families, including sibling rivalry, communication and conflict resolution skills, and social-emotional skills for the highly competitive child. Learn how to communicate with relatives who you want to understand and respect your new parenting style. Strengthen your confidence as an advocate for your child and family.

Learning Outcomes:

- Identify how to layer in Mad2Glad parenting strategies to harmonize sibling relationships and decrease conflict
- Learn ways to improve social-emotional and communication skills for a highly competitive child
- Discover how to confidently talk about your parenting style and get others on-board

BONUS Module - Next Steps: Mad2Glad Recap & Coaching Opportunity

This bonus video describes the 8 Mad2Glad Pillars in a clear and concise way to powerfully integrate the ideas you have worked so hard to implement. It gives you things to watch out for, and how to get back on track if things should ever regress. At this endpoint of your self-guided program you have a special opportunity to schedule a complimentary, 1-hour “Coaching and Next Steps” phone session with a Certified Mad2Glad Parent Coach to reflect on how far you’ve come and outline potential next steps so you confidently maintain your new parenting habits.