



# ONLINE PARENT TRAINING

WITH SAMANTHA MOE, M.A. SLP, CERTIFIED PARENT COACH

Do you want a different approach to calm your child’s most challenging behaviors? Learn positive, specific tools from our brain-based approach to create more peace at home.

- 👉 Specially designed for parents of emotionally intense kids
- 👉 Reduce fighting, yelling, and frustration at home
- 👉 Increase listening, connection, and happiness

## LIVE ONLINE SERIES

START DATE

**Friday, May 6, 2022**

12:30 - 2:00pm Central  
(every Friday for 8-weeks)



## WHAT'S INCLUDED:

- 👉 Eight brain-based parenting classes taught live – learn one strategy each week plus the psychology behind WHY it works
- 👉 50+ page workbook with detailed notes on every concept, plus specific action steps to transform a stuck family dynamic
- 👉 Live troubleshooting and coaching – ask questions and receive step-by-step guidance to successfully implement in your unique home
- 👉 Recordings of all classes; listen again whenever it works for you



REGISTER

COST: \$297



<https://training.samanthamoe.com/BPLive>



Certified parent coach and speaker Samantha Moe has coached parents on how to help their children calm, connect, and cooperate since 2004.

She is the creator of the Mad to Glad Blueprint™, a revolutionary brain-and-nervous-system-based approach to positive communication and parenting that works to soothe and even prevent intense kids' most challenging behaviors. Samantha provides continuing education, advanced training, and parent coach certification for family service professionals who support intense kids and their families.

## 1. CALM THE FIRE

- What's going on in an intense kid's brain that causes challenging behaviors
- How to put out that "fire in the brain"

## 2. AVOID FIRE-STARTERS

- What you might unintentionally be doing to contribute to the fighting, yelling and frustration in your home
- Common triggers of power struggles and how to avoid them

## 3. HAPPY CHEMICALS

- Play and quality time techniques to put your child's brain in a calm and happy state
- Develop mutual respect with your child so you have more fun together

## 4. RED-LIGHT PARENTING

- How to get your child to listen and cooperate the first time (without repeating yourself!)
- Set clear, enforceable expectations to eliminate disruptive behavior

## 5. POSITIVE DISCIPLINE PROTOCOL

- How to respond both pro-actively and reactively when your child acts out, so they develop self-control and the ability to choose their behavior
- Get the framework to enforce a break that combines "time-in" (connection) with "time-out" (pattern interruption)

## 6. EMOTION COACHING

- How to help your child communicate their feelings and manage big emotion
- How to help your child self-soothe and become more independent at dealing with frustration and upset

## 7. OPTIMIZE DAILY ROUTINES

- Improve upon (or create) consistent morning, afternoon, and evening routines your child will follow without resistance or negotiation
- Easy transitions to get out the door, through the homework process, and into bed without a fight

## 8. SKILLS AND SIBLINGS

- Harmonize sibling relationships and decrease conflict
- Improve social-emotional and communication skills for highly competitive kids

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SAMANTHA MOE  
AND ASSOCIATES

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