



1-2-3 Magic and Emotion Coaching

Delivered to: Parents/Carers of children aged: 2 - 12 years.

Program aims: The program will teach participants how to deal with their children's difficult behaviour by using an easy-to-learn and easy-to-use signalling system to manage children's difficult behaviour. The signalling system requires the parent to use less talk and less emotion, which in turn encourages the development of children's ability to manage their emotional reactions to parental boundaries (or emotional competency). The program offers effective parenting solutions without arguing, fighting or smacking. Parents are given three strategies to choose from if a child misbehaves. Parents learn how their own behaviour can influence their child and how to encourage cooperation around the home.

What you will get from the program

The three sessions of the program cover the following topics:

- The course philosophy, in which parents are familiarised with the two main aims of the program: to increase children's ability to self-manage, and to provide parents skills to take action in difficult-to-manage parenting situations.
- Contemporary thinking in child development with a particular emphasis on the differences between adult and children's cognitive abilities
- Clear thinking strategies for helping parents to sort between different types of behaviour
- The two most common mistakes of parenting – too much to talk and too much emotion
- Processes of pattern-establishment and pattern change including, how negative reinforcement works, the characteristics of patterns, the parent as participant observer, and how to interrupt patterns and extinction bursts
- Response flexibility in parents and carers – knowing how to avoid getting 'hooked' by children's negative emotions
- How to choose the best strategy – Do nothing, listen or act?

No. of Sessions: 3 – 4 sessions in a parents group

