



How to use this online course

Parenting is a skill to be practiced. We need to use challenges to strengthen relationships and build resilience

- Download the handout/PDF that goes with each lecture BEFORE you watch the accompany video.
- Follow along and PAUSE the video to take notes, answer questions, etc. As thoughts come to you, its important to write it down IN THE MOMENT.
- Watch the videos and let them “sink in”. Fully process the concept taught in each video and try to be contemplative as to how it applies to you and your family.
- There is no reason to feel guilty or worried or imperfect. Your relationship with your child is special and unique and your goal is to enhance it. Judging yourself for what you may or may not have done in the past has no place in your learning.
- Remember that kids are RESILIENT. Perhaps you watch this and wish you would have done or said something differently. Perhaps you see a pattern that you wish to break and it feels SO hard you aren’t sure how you will do it. Take time to apologize, ask for help, forgiveness or just give more hugs than usual. Kids will help you find the strength to make the changes, especially if they know you are working on it. They will help you. Invite them in to be part of the changing process.
- You don’t have to MASTER each skill as you watch it. The videos are here to watch again and again if you need a “booster shot” or inspiration to try again.
- Watch it in small doses, shift as you can and make small attainable goals. Work toward feeling a sense of ease and freedom in your parenting.