

The background of the entire page is a dense, repeating pattern of gold stars of various sizes. A white rectangular box with a gold border is centered in the upper half of the page, containing the main title.

# **INTRODUCTION TO BE A BETTER PARENT IN 30 DAYS**

*Resource*

# INTRODUCTION TO BE A BETTER PARENT IN 30 DAYS - 1

## Hello, hello!

I am so honored to have you here with me inside BE A BETTER PARENT IN 30 DAYS COURSE. Here you will find a plethora of lessons, tools, questions and resources to help you become an even better parent than you already are.

If you have a desire **DO BETTER** and **BE BETTER** than yesterday and want to nurture stronger, healthier bonds with your kids, then you have definitely come to the right place!

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## What this course entails

For 30 days I am going to take you by the hand and guide you through a strategic plan to help you nurture closer relationships with your kids (whether you have one child or six!)

Whether your child is a toddler or a fully-grown teenager, this course will help you become the best "sane, happy and loving mommy" version of yourself.

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### In a nutshell

- There is one lesson per day for 30 days and each lesson will take approx. 5 minutes to read.
- Nothing happens if you skip a day (you just pick up where you left off but you wouldn't want to miss any days, right?)
- Each lesson offers you valuable insight into different parenting methods, thoughts to reflect on, questions to answer (in your head is fine!) and a whole attitude shift.
- Each day there are tasks for you to complete with your child or to schedule into your diary (don't worry they are fun and will positively change your relationship with your child).
- All in all, this course will keep you focused every day for 30 days on your ultimate goal - to be a better parent.
- If you feel like you still need or want the daily reinforcement of these lessons to keep you parenting well after 30 days - no problem!
- This course is yours forever, with all future updates included. You can refer to these short timeless parenting lessons as often or as little as you like. It's the gift that keeps on giving.

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### What I require from you as a parent to succeed in this course

Patience

Commitment

Compassion

Forgiveness

Love

An Open-mind.

### Here are some universal parenting truths to keep in mind while doing the course

1. There's no such thing as a perfect parent. Just the same...there's no such thing as a perfect child either. Everyone is simply doing the best they can with the skills and awareness that they have
2. There will be good days and there will be totally crappy days. Expect both to avoid the surprise, frustration and disappointment

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### More universal parenting truths

3. Don't forget YOUR NEEDS MATTER. To take care of others you must first take care of yourself

4. All a child really wants is to be loved, appreciated and understood. All a parent needs is support, the occasional guilt-free break and a good night's sleep

5. Your child is not an adult so don't expect him or her to act like one. Don't burden them with adult problems either. It isn't fair to them

6. Worry less about the fact that your kids don't listen and more about the fact that they are always WATCHING you.

7. Respect? Honesty? Compassion? Children learn more from HOW YOU BEHAVE than what you preach about. Remember HOME is the most important school where your kids will learn from – not the outside world

8. That voice in your child's head – their inner critic – is influenced most by you. What words are they hearing? How smart and capable they are or how stupid and inept they are? Choose your words wisely

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### More universal parenting truths

9. Forgive yourself and others freely and let go of anger and resentment – not when you are ready BUT WHEN YOU AREN'T READY. That's what's called unconditional love.

10. Finally, the things you complain about now – the fighting, the messy bedrooms – one day you will actually miss. So enjoy it now, before it is too late. Because special moments are fleeting and children don't stay young forever.

### Finally be open to adapting the course to suit your family's needs

While this course works ideally with children aged 7 – 16, there's no reason why it can't be adapted to kids that are older or younger than this age.

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Younger children may require modified tasks. For example, when I speak about teaching kids life skills you will need to work to your child's current skill set and abilities. Rather than teaching your 2 year old child how to do the laundry, you could teach them how to use a fork or spoon properly or how to put away their toys.

**Use your best judgement.** Put on your thinking cap, trust your mommy intuition and brainstorm ideas that WOULD work for your child, if you feel there is something in the course that doesn't suit your child. Where there's a will, there is usually a way.

## IN CONCLUSION

You and I are about to take an amazing ride together so strap on your seatbelt and be prepared for some fabulous changes to take place in your mind and attitude and ultimately in the way you behave with your family.

The ride may sometimes be bumpy but it will help you see and appreciate wonderful new sights and roses that you may have missed seeing or smelling before on this journey.

I wish you the best of luck and don't forget – I am always here for you if you require any additional help.