

What Each Lesson Covers and What You Will Learn

Lesson 1 - Child Psychology 101 For Parents

This lesson provides parents with an overview of important and valuable data derived from neuroscience and attachment science. The information will help parents understand the concept of secure version insecure attachment, parenting styles, neuroplasticity, and executive functions.

Understanding the research findings will **help parents maintain a positive and supportive relationship with their children, encourage healthy development, and use tools to help children and teens improve social-emotional skills** to create a mutually trusting and collaborative relationship.



Lesson 2 - Family Building



This lesson helps you build a family unit that supports all family members and serves as a forum to plan family activities, the family meal plans for the week, and discuss and resolve problems.

You will learn how to **work together to develop routines that keep the home running smoothly and improve cooperation and sharing responsibility.**

You will also learn a **simple strategy to handle homework hassles** that will result in problem free, productive homework time that children and teens will be able to follow with success. This strategy was found to be highly successful by a study including 50,000 families from all 50 states. You will also **receive tools to help your child or teen keep up to date with assignments.**

We also provide links to highly regarded websites that provide **free help for students to master difficult material.** Several audio programs are provided for children and teens that improve concentration and basic learning skills.

Through family meetings and individual chats, you will be able to **help children and teens develop personal goals and take more personal responsibility for their own lives.**

All these elements result in **improved self-confidence and resilience for all family members.**

Lesson 3 - Clear Communication and Mindfulness

This lesson helps all family members develop practical communication skills. **Children and adults learn how to listen to others** and understand their unique perspectives, including how they feel and their point of view.

Children and adults will learn how to improve emotional regulation to reduce conflict. Parents will **learn how to turn meltdowns into “teaching moments”** that help resolve the issue and prevent future incidents. Parents will learn **how to provide appropriate consequences for behaviors** that increase appropriate behavior and reduce inappropriate behavior.

Finally, all family members will be able to **practice mindfulness, resulting in reduced stress, improved productivity,** increased appreciation of life and the people in their life, and more enjoyment of life in general.



Lesson 4 - Connectedness



This lesson will help you understand the importance of staying connected with each family member and becoming more connected as a family. You will discover the importance of play in children and teens and how to participate in play and fun activities individually with kids and teens and a family that **promotes healthy intellectual, social, emotional, and physical development.** Through bonding and connectedness, you strengthen relationships along with **improving self-confidence, individuality, and resilience.**

Lesson 5 - Family Fitness

This lesson provides suggestions for **how a family can support a healthy lifestyle for all family members.** It promotes working together to ensure all family members are getting the **appropriate amount of exercise** recommended by medical experts. Also covered are suggestions **to improve the nutrition for kids and adults** through family meals—finally, recommendations for **seeing that all family members are getting enough sleep.**

While addressing these vital health and wellness components, the lesson’s suggestions also improve family connectedness through shared physical activity experiences, promoting regular conversation for all to share their life experience, feelings, and concerns. The lesson also **addresses bedtime issues that sometimes arise with kids and teens.**



Lesson 6 - Screen Time Issues



All the previous lessons support behaviors and activities that naturally will reduce the time all family members spend on the screen. By adopting a more active lifestyle, you are implementing the primary recommendation from medical experts on screen time reduction to increase healthy alternative activities that will replace screen time.

The lesson will also review the harm that can result from excessive screen time in kids and teens. Parents are provided with the current **recommendations for screen time for various age groups.**

You will **learn how to use the Family Media Plan tool provided by the American Academy of Pediatrics.** Parents will learn about the importance of cyber safety and directed to resources to provide information and tools to **protect kids and teens from the dangers associated with the use of digital devices** and participating in social media.