

# Redirecting Children's Behavior Course

**\*\*Now offered LIVE over Zoom\*\***

Are you looking to transform your family dynamic from yelling, bribing, or threatening to cooperative, motivated, and joyful? Do you want to gather some foundational parenting tools and strategies to build harmony in your family? Start 2021 on the right foot and register for the Redirecting Children's Behavior course with Certified Parent Coach & Educator, Emily Mathon. This course provides deep personal reflection AND highly effective parenting tools.

**Week 1: set the foundation including:**

- Being Responsive vs. Reactive
- Implementing Self-Care
- Sibling Rivalry

**Week 2: reflect on successes and build new skills including:**

- Encouragement vs. Praise
- Setting Clear Limits
- Parenting Styles
- Growth Mindset

**Week 3: reflect on successes and dig into the heart of the course, redirecting misbehavior:**

- Understanding the 4 Goals of Misbehavior
- Redirecting Misbehavior
- Temper Tantrums

**Week 4: In the fourth session, we will reflect on successes and discuss how to attain results without punishment:**

- Results without Punishment
- Family Meetings
- Handling Feelings

**Week 5: In the fifth session, we will reflect on successes and discuss navigating the couple as well as expanding encouragement:**

- Couples
- Encouragement

**Week 6: In the final session, we will share celebrations, reflections, and discuss any final questions.**

**Next 6-Week Course: Mondays 7:30 pm – 9:00 pm EST, starting January 25th, 2021**

**Cost: \$350 for an individual or \$600 for a couple.**

**Additional coaching packages available**

- Add 30-minute weekly coaching sessions for 8 weeks total for \$150 for individual or \$200 for a couple
- Add 30-minute weekly coaching sessions for 8 weeks PLUS 3-months of weekly coaching AFTER course is over \$750 for individual or \$1,100 for the couple.

**Register here by choosing "Emily Mathon" and the package you want OR contact Emily for more information.**



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