

## What are people saying about paxtools?

"This is the best training I have ever attended. I feel like all the tools are simple and affordable."

"I love that I received the PAX Toolkit to help remind me to use these skills."

"The concept that behavior is a skill set that needs to be taught like academic skills"

"Practical solutions, clear explanations"

"This is such an uplifting way of helping children become wonderful adults"

"How to make a positive impact on the children I interact with on a daily basis."

"I am excited to use what I have learned today."

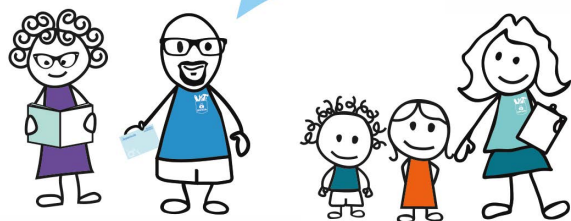
"The presenters used a great deal of real-life examples. I will be much more likely to implement these strategies from having those examples to think about."

"I feel very challenged, yet inspired"

"Learning ways to better myself help the children in the long run."

"I appreciate how this can be used at church, in small groups and at home."

"I love PAX Tools!"



**97%** of participants trained in paxtools found it to be "Very Helpful"



# pax tools

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### Fairfield County ESC Online Resource:

<http://www.faircoesc.org/mc/parenting-tools-training>

## Find out more



paxtools@paxis.org



paxtools.org



@PAXTools

download the app!

**pax tools**



**Register for a PAX Tools Training:**

<https://forms.gle/eFS7dLtrqUv4x4u48>

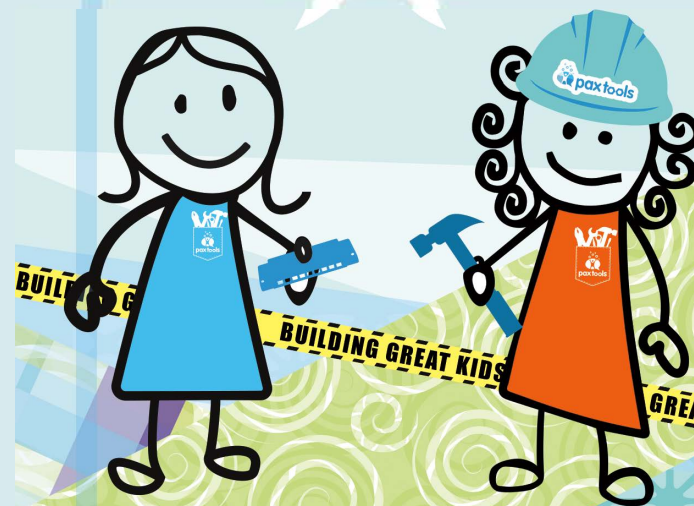
PAX Tools has been approved by OCCRRRA for 2.5 hours of specialized training towards Step Up To Quality.



# pax tools

Strategies to improve cooperation and self-regulation with youth

## WE BUILD GREAT KIDS!



# What is paxtools?

PAX Tools is a collection of evidence-based, trauma-informed strategies to improve cooperation and self-regulation with youth. PAX Tools draws on decades of science to create strategies that support parents, youth workers, and other caring adults to create a nurturing environment that ultimately helps kids thrive!

PAX Tools is intended for any caring adult who interacts with children, such as parents, caregivers, professionals and volunteers. PAX Tools attendees will receive the materials they need to effectively use PAX Tools with children, including use of the PAX Tools app!



## PAX creates Nurturing Environments that help kids thrive by ...

### Reducing Toxic Influences

#### HOW?

##### Low Emotional Response

Low Emotional Responses allow adults to provide instantaneous, neutral, non-verbal feedback for individuals without embarrassment or interruption of an activity.

##### Random Sticks

Random Sticks help in scenarios when children feel that adults are playing favorites or not being "fair".

##### PAX Amends

PAX Amends allows adults and young people to use restorative consequences when natural and logical consequences are not available.

### Increasing Psychological Flexibility

#### HOW?

##### Shared Vision

Shared Vision ensures that young people and adults are on the same page with expectations as well as possible pitfalls for the upcoming activity.

### Limiting Problematic Behavior

#### HOW?

##### Beat the Timer

Beat the Timer allows young people to block out distractions and stay on task to the finish.

##### PAX Breaks

PAX Breaks are used to stop growing tension, teach children and adults to recognize when they are getting upset, and provide emotional and physical space to calm down.

##### PAX Focus

PAX Focus increases communication, expectations, and psychological safety between young people and adults as well as promotes youth self-regulation.

### Richly Reinforcing Pro-Social Behavior

#### HOW?

##### Kudos Notes

Kudos Notes are written letters of appreciation that identify and increase the behavior we want more of.

##### Mystery Motivators

Mystery Motivators jumpstart motivation for completing tasks and carrying out positive behavior.