The Establish
Mommy
Answer Lady Pare:

## Establishing an Effective Parental Mindset

#### Lesson 1 - Mature Parenting

Parental Maturity:	Notes
Understanding how your present	NOCES
will affect your of	child's
distant future, and acting on that know	edge
in a way.	
Mature Parental Mindset	
Focuses on the	
It does not:	
Mature parenting solves the problem i	n the
A mature parent will	CALL TO ACTION
the child by address	VALUE AL
t <mark>he underlying issue with the future in m</mark>	
"Learning the difference between mature	1. Child's misbehaviors

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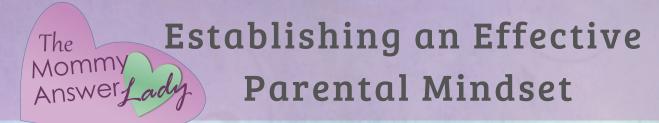
2. Thoughts to have

3. Goals for future

parenting and immature parenting has probably

been the most helpful and influential in my

decisions, solving issues now before they escalate into bigger problems." - Heidi W.



#### Lesson 1 - Mature Parenting

#### **CALL TO ACTION**

My child's behaviors to work on...

Parental thoughts to have when these behaviors happen...

Goals for the future...

# The Establishing an Effective Mommy Answer Lady Parental Mindset

#### Lesson 2 - You Are In Charge

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Not in Charge	In Charge	
No	Confident	
Awaits Instructions		
for compliance	Expects compliance	
Your mindset will determine your to them and their to you.	You must claim your!	
Who is in Charge?  Check one in each box.		
My decisions are based on what my child's response will be.  My decisions are based on what is best for my child.	I ask my child to do what needs to be done.  I communicate my expectations.	
My child announces the desires and I comply.  My child asks permission.	I feel free to answer as I see fit.  I am afraid of making my child angry.	
You CAN stop your child from whining, crying and fussing or having temper tantrums FOR GOOD!	<ol> <li>Answer questions on download.</li> <li>Make statements rather than asking questions.</li> <li>Call to Action</li> <li>Keep a log</li> </ol>	

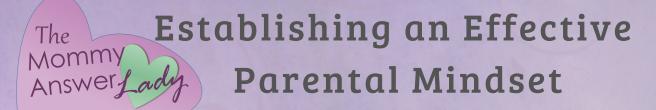
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## Lesson 2 - You Are in Charge

#### **CALL TO ACTION**

Changes I need to make in my speech...

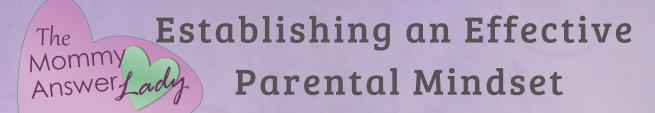
Log of my mistakes and successes in changing my speech...



#### Lesson 3 - Sacrifice

Sacrifice: Giving up something for theof something else.  Theyou make now will determine the outcome of your feelings of success or failure.  Spending quality time with your child is an essential part of getting issues under control.	Everything you accept your children will
"Scheduling time for you will make you more patient, more thoughtful and more mindfully to your children!"	
Notes	CALL TO ACTION  1. Schedule time with your child each day. 2. Schedule one hour of free time for you. 3. Schedule one day alone to relax. 4. Schedule a regular date night with your

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## Lesson 4 - Building Trust

"Trust is the cornerstone of the relationship between you and your child."

11 ust is the cornerstone of the relati	onship between god and godi cima.
element to raising well-behaved and	Notes
happy children.  Your children must trust that you have their  Never or chuckle at your child's problems or concerns your children to	
take care of themselves if needed.  They need to know you will for their own bad	CALL TO ACTION
behavior.  ALWAYS tell them the  Do what is best regardless of the	<ol> <li>Ask your child about their day.</li> <li>Think of any time you may have been less than honest and apologize.</li> </ol>
Trust is the of the relationship between you and your child.	<ul><li>3. Commit to always telling them the truth.</li><li>4. Talk this over with their other parent and grandparents.</li></ul>

"Follow through creates trust between a parent and child."

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