

How to Take Charge

Lesson 11

Teaching & Training

Teaching - Putting _____ into the mind of another person.

Training - Using that _____ in action to learn new skills.

The more _____ - _____ a person has, the more successful they will be.

The Blanket Method gives a child an understanding of _____.

1. Place child on _____.
2. Instruct them to stay on _____.
3. Start with _____ sessions.
4. Point clearly to _____.
5. Sit nearby doing _____ else.
6. Lightly flick body if they _____ off blanket.
7. Work up to _____ minute sessions!

Leave things around your home that your child is not allowed to _____.

Teach your child to _____ and do not _____ the environment around them.

CALL TO ACTION

1. Do not start this until CTM method is learned.
2. Set aside special blanket time toys.
3. Schedule blanket time training!

(Blanket time can be started as soon as a child can move around on the floor by themselves!)

Next lesson- learn the CTM method to stop tantrums, whining and fussy crying!

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Lesson 12 - Training Emotional Control

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Reasons for whining, fussy crying & tantrums

1. _____ - losing emotional control because things are not going as they desire.
2. _____ - belief that the behavior will change the mind or direction of an authority.

Reasons are not necessarily _____.

There is no excuse for bad behavior.

Notes

SEE NEXT PAGE!

CTM Method - (Cover the mouth)

Initial Action

1. Place your hand over their _____.
Say, "When you are _____, I will let go."

Follow-Through

1. Do not take your hand away from their mouth until they are _____.
2. When quiet, ask, "Are you _____?"
Replace hand until they are _____.

(Finished - completely done making inappropriate noise.)

If you are _____ and _____ to stop these behaviors, they will stop for good!

Follow-Up - Frustration

- ♥ Say, "That behavior is not appropriate. Do not do it again."
- ♥ Discuss appropriate response to frustration.

Follow-Up - Manipulation

- ♥ Tell them behavior is inappropriate and if they do it again, hand will go back over their mouth.
- ♥ No more discussion!

Lesson 12 - Training Emotional Control

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Guidelines for CTM Method

1. Be calm with no _____.
2. _____ child at home first.
3. Don't give them _____ during the episode.
4. Don't _____ bad behavior.
5. Never inhibit their _____!
6. Don't use as a _____.
7. Be _____!
8. Not for appropriate _____ of _____.

Notes

CALL TO ACTION

1. Have other parent watch video!
2. Schedule time for training.
3. Email any questions to

holly@mommyanswerlady.com.

How to Take Charge

Lesson 13 - Consistency

Consistency is the key to _____.

Consistent:

- acting or done in the same way _____
_____ especially as to be fair or accurate.
- unchanging as to nature, standard or effect
_____.

Why is Consistency important?

1. Sets a _____.
2. Establishes order and _____.
3. Establishes your _____.
4. Reduces _____.
5. Reduces anger and _____.

Tips for Parental Consistency

- #1 Choose one _____ first.
- #2 Make follow-throughs _____ for you.
- #3 Ask other _____ for help.
- #4 Take care of _____.
- #5 Make a _____.
- #6 Remember _____ parenting.

_____ must
always be addressed regardless of
the _____.

Require them to stay in their
room until they have a
_____.

As parents, it's our job to teach and train our children to choose a
_____.

Call to Action

1. Choose one behavior first.
2. Make a plan for the consequence.
3. Talk about the plan with the other parent.

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Lesson 14 - Teaching Self-Reliance

Self-Reliance:

_____ in your own abilities
and able to do things for yourself.

Independent:

Free from outside control; not
depending on another's

_____.

Notes

CALL TO ACTION

1. Talk about maturity every day.
2. Change "chores" to "contributions".
3. Tackle childhood fears.

1. Teach about _____.
2. Help them see their own _____.
3. _____ are opportunities.
4. Make _____.
5. Household "_____".
6. Have _____ in them.
7. Don't allow _____ - _____ decisions.
8. Give opportunities to _____.

"Talk to your children about the future and how their decisions will affect it."

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Lesson 15 - Giving Choices

"Giving choices can help build your relationship and bring them to a place of wanting to contribute and cooperate with your plans.."

Making your child a part of the plan
will give them the
_____ to cooperate!

We can guide them through their
struggles and frustrations by finding
ways to allow them to make
_____ within certain
_____.

If they fuss about any of these
things, stop immediately and
_____ the _____
for them!

CALL TO ACTION

1. Plan out family contributions.
2. Have them help plan meals.
3. Talk the "choice game" over with the other parent.

Give toddlers no more than
_____ acceptable choices.

Ideas for Toddler Choices:

- ♥ Set out two sets of clothing
- ♥ Plan menu items
- ♥ Choose book to read
- ♥ Choose order of grooming
- ♥ Ask "advice" about a choice

Does your child understand that
you are in charge or do they
_____?

Do they display those behaviors
of whining, fussy crying &
tantrums when they don't get
their way?

Establish that _____
set the boundaries.

Goals for Training a Young Child

1. To help them learn to _____
their behavior & emotions.
2. To teach them to behave no matter their

3. To help them learn basic life
_____ according to age.
4. To teach them to be _____
to your authority.
5. To train them to choose a
_____.

An older sibling taking charge can unwittingly _____
your authority and training.

Older siblings often don't have the _____ or
understanding of a child's real
needs, how to _____ them,
or why there is a problem they
cannot solve.

Young children are often trained to
behave badly by being constantly
_____ by their older
siblings.

Notes

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QUESTIONS TO ASK YOURSELF

*Do you allow the older one to make _____ in regards to how to handle situations with their younger siblings when it comes to _____ training?

*Have you taken time to _____ the mindset & methods of good training to them?

*Do you allow the older siblings to immediately _____ to their brother or sister when they begin to fuss?

CALL TO ACTION

1. Talk to your older children about how to train their younger sibling.
2. Notice if your toddler is being rewarded by others for bad behavior & correct it.
3. Enlist the help of the other parent in this process.

Notes

How to avoid being undermined in training your young child

- ♥ 1. Remember _____ direct the response to your child's needs.
- ♥ 2. Teach them about toddler _____.
- ♥ 3. Have them help with _____ needs.
- ♥ 4. Help them understand _____ is ok.