

☑ **BECOME SMARTER THAN YOUR KIDS:**
EFFECTIVE PARENTING FOR DEALING WITH RESISTANCE

Today's children and youth have many authority sources in their lives. Parents are the most important ones. They have the greatest impact during the first 16 years of a child's life, and too often their authority is not respected. Dealing with resistance is something all parents have to confront from their children and youth as part of the normal development process. Yet, many parents become very frustrated by this normal element in the developmental process of their children, and then slide into destructive parenting patterns that cause their children to feel emotionally unsafe with them. Feeling emotionally unsafe with their parents, children and youth then turn to alternative options to find acceptance that can lead to unpleasant life experiences and outcomes.

This presentation will seek to: **(a)** identify the four common patterns parents typically use with their children and youth; **(b)** identify those parenting approaches which have not worked well, and identify the consequential results; and **(c)** explore innovative ways for improving parenting skills, especially in dealing with resistance.

In seminar and workshop presentations, special focus will be given to **(1)** maintaining clear expectations, **(2)** identifying effective discipline strategies for 'stop' and 'start' behaviors, **(3)** exploring "joining the resistance" strategies with their own kids, and **(4)** maintaining consistency in parenting behaviors, and **(5)** a review of the written **Twenty-one Principles and Rules for Healthy Living With Others.**

Time flexibility: 20 minutes to 2 hours.
Request: Overhead projection, where available.
Handouts will be provided.

Interested persons should contact Chaplain Roy B. Nash by any of the following options:

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* This seminar/workshop is available from **Roy B. Nash, M. Div., LMFT, LCPC**, a Marriage and Family Therapist and certified Pastoral Psychotherapist, serving in a United Methodist endorsed Chaplaincy and Counseling Ministry called **Belief-focused Care & Healing**.