

## Sample Schedule for Empowered Parent Class Ages 0-11

Week 1- Why Do I have to Parent Differently?

- Parent's obstacles
- Child's obstacles
- The iceberg of behavior

Week 2- The Mindset of a Connected Parent.

- Three questions to ask for every misbehavior
- The role of the parent
- Connecting vs distancing

Week 3- Overcoming Difficult Behavior.

- Trust
- Managing emotions
- Transition

Week 4- More Parenting Strategies.

- Structure and nurture
- Felt safety

Week 5- Review Material and Impact of Parent's Past

- Attachment
- Triggers
- Mindfulness

Week 6- Help for Parents.

- Triangulation
- Self-care
- Marriage