
3 Keys to a Calm, Well-Behaved Child

***A FREE GUIDE FOR
FRUSTRATED PARENTS***



**by Shannon & Stephanie Anderson
BehaviorManagementCoaching.com**

Introduction

The question I get asked the most by frustrated parents is...

“Stephanie, why won’t my kid just listen to me and be respectful?”

It seems like there is tons of information out there about how to stop defiant behaviors. Parents often get stuck in ‘information overload’ and have trouble sorting through the endless piles of advice floating around.

That’s why I created this guide- to introduce frustrated parents to a simple, straightforward way of handling defiance and getting the respect they deserve.

Oh, and this is by no means all you need to know to successfully manage your child’s defiance and put the breaks on it once and for all. It’s just a quick primer on what you need to know to get started using the steps I teach every day to frustrated parents everywhere.

But first...

Why Should You Listen To Me?



Hi – I’m Stephanie Anderson. Nice to meet you!

I’ve been running a Parent Coaching business with my husband, Shannon, for the past 2 years and we have helped hundreds of frustrated parents learn to **take charge of defiant behaviors and start gaining the respect they deserve.**

Check out just a few of the comments we’ve received from parents like you...

“I’ll admit, I was skeptical when I set up the 15 minute call. I’ve tried time outs, behavior charts, grounding and everything else you can imagine to deal with my son’s defiant behavior. I was desperate when I found BMC and arranged the free call. At the end of the call, I felt like someone really understood what I was going through. I just finished my 3rd session and the results are amazing!”

~ Megan from Oregon

“Before this program [Jump Start] I was so frustrated with my 8 year old son that it was starting to affect my job and even my relationship with my husband. The house was just so negative---nobody liked spending time together. Now, 6 weeks later, we actually enjoy having a family game night.”

~ Lynn from New York

Of course not every parent gets the same results, but many, many parents are learning to use these simple keys to manage their kid’s defiance and earn respect. And the same thing can happen for you. Imagine what it would be like to ask your child to do something and there is no yelling, no arguing, no pleading.

Let’s cover the legal stuff and then get started...

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Start by Shifting Your Parenting Mindset

(And stop feeling Embarrassed, Ashamed & Frustrated as a Parent once and for all!)

The first step in dealing with a defiant child is to start focusing on your child's positive behaviors. Never miss an opportunity to praise positive behaviors. Instead of catching your child doing bad things and grounding, threatening, or punishing him in some other way, start catching him being good and then praise him for it!

Often, children act out in defiance because they've learned that negative attention is pretty easy to get. When you shift your Parenting Mindset to start praising positive behaviors instead of punishing negative ones, your child will almost immediately start *increasing the positive behaviors and reducing the negative ones*. And why not, the positive attention feels much better than negative attention.

Changing your mindset isn't easy. Our society has taught us to look for the negative and then dole out the consequences at a fevered pitch. If grounding didn't work, try time outs. If time outs don't work, try early bedtime. And on and on...

This type of thinking has to change if you have any hopes of building a rewarding relationship with your child and ever feeling calm and confident in your role as a parent.

So how do you change it?

If you don't like a current behavior, you have to start by defining exactly what it is that you want your child to do instead.

For example:

Negative behavior: Alex needs to stop throwing his jacket on the floor.

Positive behavior: Alex puts his jacket in his closet on the hanger.



The Amazing Parenting Secret...

(That calm, in-control parents use every day without even knowing it!)

By now, you could probably already guess what we're talking about when we say "Parenting Secret." The Parenting Secret is to...

Focus on the Positive Behaviors and Use Praise Effectively

So let's talk about how to apply your new Parenting Mindset to your family, in your home, with your defiant child.

Start by simply praising positive behaviors and ignoring the opposing negative behaviors (as long as your child is not in danger of hurting himself or others.)

Every time your child does something positive, praise him for it. Just start with the simple, minor, everyday things he is doing well. While your child may leave his shoes by the door, refuse to eat his vegetables, throw tantrums at the store, and insist on wearing only superhero shirts to school, he probably does do many things right already.

Maybe he eats all of his breakfast without arguing. Maybe he likes to keep his Transformers organized in his room. Whatever it is that your child does right, start praising him for it today!



An effective, easy-to-implement

Parenting Strategy

(That you can use TODAY, in your home, with your Defiant Child, to start seeing real results NOW!)

Now that you understand the shift in Parenting Mindset (focusing on the Positive Behaviors, not the Negative ones) and the Parenting Secret (using Effective Praise to encourage the Positive Behaviors), what's the next step?

After working with tons of parents of defiant children, we have discovered that the best way to be sure you consistently use and implement the above two concepts in your daily life is with the help of a Behavior Chart.

Yeah, we know you've probably used these before and they didn't work, and we also know they're a little bit of hard work to set up and use effectively. But trust us here, Behavior Charts can be very easy to implement and are highly effective if used correctly. And they

are the quickest way to be sure you adopt the first two concepts at the fundamental level necessary for you to make the needed shift in your Parenting Mindset.

Behavior Charts... 4 Simple Steps to Make Them Work!

1. Focus on the Positive
2. Clearly Define what you expect the child to do to earn the sticker (or get the circle colored in).
3. Reward the Positive Behavior on the chart Immediately (or as close to it as possible) so your child will be more likely to repeat the behavior in the future.
4. Focus on Success.

“So How Do You Build On These 3 Keys And Really Put Your Relationship With Your Defiant Child On The Fast Track To Peace & Happiness?”

Although you now have an overview of the 3 keys necessary to start managing defiance and gaining respect, your next steps are to **use a more targeted, [proven system](#) for taking charge of defiance and building a respectful, healthy relationship with your child.**

To discover a targeted, proven system to finally **take charge of defiant behavior and earn the respect you deserve**, simply click the big button below....

CLICK HERE NOW TO LEARN MORE

Wishing You a Rewarding Relationship with Your Child,

Stephanie Anderson, Parent Coach

Behavior Management Coaching