

Essential Skills



INTRODUCTION

- ☐ Do “my time”—10 to 15 minutes one-on-one play time daily
- ☐ Use mindfulness to squash ANTs (Automatic Negative Thoughts)
- ☐ Eat healthy food and have family dinners



LESSON 1

- ☐ Notice the good; give compliments daily
- ☐ Ignore minor annoying behavior. Praise the positive opposite
- ☐ Stop criticizing family members
- ☐ Use instant stress busters



LESSON 2

- ☐ LUV-Listen (Listen, Understand, Validate)
- ☐ Use respectful “I-Messages”
- ☐ Learn the difference between being assertive and being offensive
- ☐ Banish communication boulders



LESSON 3

- ☐ Make and obey family rules
- ☐ Set up a rewards program to practice and learn new skills
- ☐ Teach responsibilities and assign chores
- ☐ Set up positive routines



LESSON 4

- ☐ Use positive discipline to teach and reward behaviors you want
- ☐ Give fair, mild, known-ahead consequences consistently
- ☐ Express love afterwards



LESSON 5

- ☐ Use good problem solving skills
- ☐ Use win-win negotiation
- ☐ Teach kids pre-problem solving
- ☐ Teach the 5 Cs refusal skills



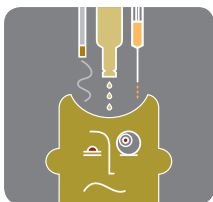
LESSON 6

- ☐ Use effective ways to reduce stress
- ☐ Track anger triggers, and re-program your brain with step out of anger technique
- ☐ Use deep, slow breathing to trigger a relaxation response



LESSON 7

- ☐ Teach kids goal setting for success
- ☐ Make contracts for change
- ☐ Give positive criticism; deliver difficult feedback kindly and respectfully



LESSON 8

- ☐ Learn how alcohol and drugs harm the developing teen brain and hijack the brain's pleasure motivation system
- ☐ Use bonding, boundaries and monitoring skills to keep kids from alcohol and drugs



LESSON 9

- ☐ Help kids make good friends; share “no alcohol or drugs” rule with their parents
- ☐ Monitor all kids' activities and emotional well-being: trust but verify
- ☐ Help organize good healthy fun for kids



LESSON 10

- ☐ Make family traditions and loving rituals
- ☐ Share family's pro-social values
- ☐ Appreciate the benefits you get from society; give service
- ☐ Be a positive agent for change