

# Parent SKILLZ



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# 1 CONNECTION

**Parent Struggle:** My child won't listen to even the simplest of commands.

**Lesson:** The level of your undivided attention makes all the difference in the world.

Connection is the primary reason why children willingly follow our rules. Children who are strongly connected to their parents WANT to cooperate if they can. They will still act like kids, but they are also more motivated to follow our lead when they can.

Connection is also part of the “co-regulation” process through those moments when they really don't want to give up on what they are doing to do something you want them to do.

## Tips:

- Get down on their level, use their name, make eye contact, and physical touch.
- Turn off your technology.

## Rate yourself on your level of connection:

1. Giving a command from another room.
2. Calling their name and waiting for a reply.
3. Going into the same room as them before giving command.
4. Making physical contact before giving command.
5. Getting on eye level as you make physical contact before giving command.



# 2

## ATTUNEMENT

**Parent Struggle:** My child complains a lot.

**Lesson:** Your child may have certain likes and dislikes that affect their behavior.

Being attuned to your child's likes and dislikes, you will respond better to complaints and help guide them towards a solution.

At the same time you can help get ahead of potential complaints to help curb poor behavior before it happens.

### Tips:

- Have open conversations about what your child likes and dislikes.
- Challenge your child to give something they don't like another try.

### Rate yourself on your level of attunement:

1. You hardly know what your child's likes and dislikes are.
2. You know some of your child's likes and dislikes but you don't put them together with complaining.
3. You recognize your child is complaining because of a dislike but you still try to force your child to behave a certain way.
4. You are attuned to your child's dislike so you work together to find a solution together.
5. You are so attuned to your child's likes and dislikes so you prepare ahead of time to curb complaining.





# 3

## PATIENCE

Parent struggle: Child throws tantrums.

Lesson: Take the extra time to get your child to go from reactivity to receptivity before you lecture.

When children throw tantrums, it's because their emotions are in control of their brain, which is what we refer to as their 'downstairs' brain.

Children have to calm their emotions before any rationality kicks in, so lecturing, yelling, etc. won't work while they are still yelling and crying.

Helping your child calm their emotions will enable the 'upstairs' part of the brain to engage.

### Tips:

- Create a 'calming' routine: counting to 10, saying favorite things, A-B-C's, etc.
- Give your child hugs and affection when they need it most.

### Rate yourself on your level of patience:

1. You have no patience when your child throws a tantrum.
2. You try to have a little patience but you usually respond too quickly.
3. You have patience when your child throws tantrums, but you sometimes end up responding too quickly.
4. You have a lot of patience when your child throws tantrums and usually can respond when your child is more receptive.
5. You have great patience when your child throws tantrums and can always work through them when your child is more receptive.



# 4 PROMPTING

**Parent struggle:** I feel like I spend all my time yelling at my child.

**Lesson:** Spend more time catching your child displaying good behavior versus waiting to correct poor behavior.

Sometimes children make poor behavior choices simply because they are not paying attention. Other times they make poor behavior choices because they have built a habit of making poor choices.

By prompting your child to make good choices, you will find yourself seeking more opportunities for praise versus yelling.

## Tips:

- Point out others showing good behavior and challenge them to do the same.
- Prep them for good behavior by telling them the behavior you'd like to see in advance.

## Rate yourself on your level of prompting:

1. You do not prompt positive behavior at all.
2. You try to prompt positive behavior, but don't often succeed.
3. You sometimes succeed when prompting positive behavior, but not all the time.
4. You do a very good job at prompting positive behavior when your child needs it most.
5. You are great at prompting positive behavior to the point where you do it multiple times per day.





# 5

## EDUTAINMENT

**Parent struggle:** Child is lazy.

**Lesson:** Think outside the box when helping your child build self-discipline.

Children hardly ever enjoys chores or responsibilities. As a parent, this can be very frustrating because our primary role is to teach children skills necessary to become independent individuals. So if you think outside the box, then it helps them build novelty which they do enjoy.

### Tips:

- Use healthy competition when possible to make chores and daily tasks more fun.
- Make your child's learning environment more fun.

### Rate yourself on your level of edutainment:

1. You do not think outside the box.
2. You try to think outside the box, but don't often succeed.
3. You sometimes succeed when thinking outside the box, but not all the time.
4. You do a very good job at thinking outside the box when your child needs it most.
5. You are great at thinking outside to the point where it's a routine habit.



# 6 NURTURING

**Parent struggle:** Child has low self-esteem.

**Lesson:** Separate the behavior from the child.

Being a nurturing parent is all about helping your child feel loved and secure, especially when they misbehave.

## Tips:

- Instead of saying the child was 'bad' say the choice was 'bad.'
- Provide them with positive options on how to repair the damage cause by poor behavior.

## Rate yourself on your level of nurturing:

1. You do not separate the behavior from the child.
2. You try to separate the behavior from the child, but often forget to do so.
3. You try to separate the behavior from the child, but you sometimes end up responding too quickly.
4. You do a great job of separating the behavior from the child when they need it most.
5. You do such a great job at separating the behavior from the child to the point where it's a regular habit.





# 7

## ADAPTABILITY

**Parent struggle:** My child has mood swings.

**Lesson:** Practice having flexibility in your responses.

Response flexibility is about creating a gap between a trigger and a response to that trigger so that you parent intently instead of reactively – allowing you to make a conscious decision about how you respond so that you meet your child where they are.

### Tips:

- Be aware of when your child is typically in a good mood or bad mood so you can parent according to that mood.
- Use the 'HALT' method first before responding.

### Rate yourself on your level of adaptability:

1. You do not have flexibility in your responses.
2. You sometimes have flexibility in your responses, but often react negatively to your child's bad moods.
3. You usually have flexibility in your responses, but sometimes react negatively to your child's bad moods.
4. You have flexibility in your responses when your child needs it most.
5. You are extremely adaptable in your responses to the point where you are always proud of how you handle your child's moods.



# 8

## CONSISTENCY

**Parent struggle:** My child has anxiety.

**Lesson:** Model the behavior you desire from your child.

If you lash out when you are in a bad mood, then your child will do the same. At the same time, if you are unpredictable when enforcing rules, then your child will struggle to manage their behavior.

### Tips:

- Don't let your mood change the way you parent.
- Be predictable in how you follow rules.

### Rate yourself on your level of consistency:

1. You do not model desired behavior.
2. You sometimes model desired behavior, but often fall off track.
3. You often model desired behavior, but sometimes fall off track.
4. You do a great job of modeling desired behavior when your child needs it most.
5. You do such a great job at modeling desired behavior to the point where it's a regular habit.