

Jody Johnston Pawel's Top Ten Most Requested Topic Presentations *for Early Childhood Educators and teachers*

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TEACHING CHILDREN EFFECTIVE ANGER MANAGEMENT SKILLS

Program length: 1½ - 3 hours

This informative workshop explodes myths and bubbles over with practical ideas *you* can use immediately. Experience interactive activities that teach children about anger. Learn two simple steps for helping *any* child create an individualized stress and anger management plan. Brainstorm appropriate ways children can redirect their anger, even during class.

Through discussions, interactive activities and practice exercises, participants learn how to:

- Use interactive activities to help children understand what anger is, what causes anger, the difference between healthy and unhealthy anger and healthy outlets for their anger/stress.
- Guide children through the process of devising individualized anger/stress management plans they can use anywhere
- Talk to children about stressful issues like death, divorce and tragic news events.
- Defuse and redirect an angry child.

GET COOPERATION WITHOUT SQUEEZING THE JUICE OUT OF KIDS! Fostering Internal Motivation, Cooperation and Self-Responsibility in Children

Program length: 1½ - 3 hours

Would you like children to cooperate – the first time you ask – without power struggles or tantrums? Do you wonder how to motivate children without bribes, stickers or rewards? This workshop will tackle your toughest challenges – like potty training, picky eaters, biting, not sharing, bedtime hassles . . . and more – while offering practical suggestions you can use right away for short-term improvements and long-term results.

Through discussions, interactive activities and practice exercises, participants learn how to:

- What typical (unskilled) tactics are ineffective for getting children to cooperate
- The difference between Cooperation and Demanding Obedience and the long-term outcomes of each?
- How to prevent power struggles
- At least 10 practical tools for gaining cooperation, fostering internal self-motivation and preventing or effectively responding to power struggles.
- How to apply these tools to at least 5 real-life challenges

GET THE F-A-X: Listening, Problem-solving, and Communication Skills That Empower Children — *for Life*

Program length: 1½ - 3 hours

Nowhere else will you learn “F-A-X Listening,” a simple three-step process for helping children (and adults!) solve problems and make decisions independently and responsibly — empowering them *for life*.

Through discussions, interactive activities and practice exercises, participants learn how to:

- Identify the four types of problem-solving styles, so you know what each child needs to work through problems and decisions.
- Help children reach solutions *quicker* by focusing on feelings — and why “just the facts” can shut down

communication.

- Teach children how to verbally express their feelings — clearly and appropriately.
- Ask *helpful* questions that help children reach their *own* solutions, without giving advice or putting people on the defensive.
- Mediate sibling or peer conflicts — without taking over or solving the problem *for* children.

TAKE THE BITE OUT OF DISCIPLINE! Strategies for Teaching Children *Self-Discipline*

Program length: 1½ - 3 hours

Discipline doesn't have to hurt – physically *or* emotionally. This group will create a menu of discipline situations. For each entree, you'll learn how to identify the five causes of unintentional misbehavior, the four purposes behind deliberate misbehavior and how to redirect each one. Then you'll follow the "Four R's of Discipline," using practical four-star tools that teach children *self-discipline* and responsibility in each situation.

Through discussions, interactive activities and practice exercises, participants learn how to:

- Think and plan responses versus reacting to misbehavior.
- Identify six "types" of misbehavior and know how to respond appropriately to each "type."
- Have a PLAN for preventing and effectively responding to misbehavior.
- Use a variety of practical language and action skills to effectively prevent misbehavior and the need for discipline.
- Recognize the underlying cause of unintentional misbehavior.
- Identify the purpose behind intentional misbehavior.
- Understand and skillfully use effective discipline tools in a variety of situations.
- Apply the skills they learn to real-life situations

BUILD A BRIDGE TO HEALTHY TEACHER-PARENT COMMUNICATION

Program length: 2 - 3 hours

See a parenting/teaching "style show" that illustrates the attitudes that can help or hinder cooperative working relationships between parents and teachers. Through interactive activities, practice the special language and actions that build trust and can prevent or remove communication barriers. Whether you conduct conferences, work with parents (or children) from diverse populations in a variety of settings or simply want to connect with hesitant parents, this workshop is for YOU.

Through discussions, interactive activities and practice exercises, participants learn how to:

1. Enhance the relationship-building skills of professionals who work with parents in a variety of settings: as teachers or therapists, during conferences or one-on-one sessions or as they casually interact with parents on a daily basis in the performance of their regular duties.
2. Recognize a person's "style" of interaction and what language and action skills will best build trust, open communication and cooperation between parents and teachers.
3. Identify the common barriers that can arise in teacher-parent communication and what they can do to prevent these problems or helpfully respond to them should they occur.

SAVE YOUR STARS! Fostering Internal Motivation, Cooperation and Self-responsibility, While Building Self-Esteem

Program length: 1½ - 3 hours

Learn the top ten most effective and practical language and action tools for fostering *internal* motivation, building self-esteem, getting cooperation, and teaching young children tasks, behaviors, values and *self-*

responsibility. Get short-term results and long-term benefits — without stickers or bribes — while preventing or defusing power struggles and tantrums. If you work with parents or live with young children, this entertaining, interactive and informative workshop is for you!

Through discussions, interactive activities and practice exercises, participants learn how to:

1. Recognize which “quick fixes” and often-endorsed behavior modification techniques can have negative long-term outcomes – *if* they overuse or misuse them.
2. Provide healthier alternatives and practical skills that enhance professional performance and parental effectiveness when working with children of diverse needs in a variety of settings.
3. Apply these skills to real-life situations, so professionals and parents can help children internalize the behaviors, tasks, and values deemed necessary for long-term success and growth.

NO MORE GRAY LINES: Clear Guidelines about Misbehavior and Discipline Now Revealed!

Program length: 3-6 hours

Erase the gray lines that often define misbehavior and discipline with the clear guidelines offered in this interactive and informative workshop for parents and professionals. Recognize the five causes of “unintentional” misbehavior and how to respond to each challenge. Identify the four purposes behind intentional misbehavior and how to redirect each one. Then follow the “Four R’s of Effective Discipline,” using practical effective tools that teach children *self*-discipline.

Through discussions, interactive activities and practice exercises, participants learn how to:

1. Identify and dispel the popular myths about misbehavior — it’s not always intentional — and the myths about discipline versus punishment—it’s *not* a gray line!
2. Use practical healthy techniques for identifying and redirecting misbehavior that have positive long-term benefits for children, parents and teachers. These tools help children become *self*-disciplined.
3. Apply these skills to real-life situations the participants suggest. Professionals can apply the skills in a variety of settings and with diverse populations, so practice scenarios can focus on both home and professional interactions.

SECRETS FOR EMPOWERING ANY CHILD — or PARENT: The Universal BlueprintSM for Teaching Children Life Skills

Program length: 1 or 2 days (6-12 hours)

Learn three questions and five steps that lead to individualized solutions for *any* childcare challenge. Motivate children to cooperate — the first time you ask — while building self-esteem. Teach children responsibility, independence, and problem-solving tools that empower children *for life*. Understand and redirect misbehavior, while teaching children *self*-discipline. You’ll get practical solutions that anyone who works (or lives) with children can use every time, every day — with *lasting results!*

Through discussions, interactive activities and practice exercises, participants learn how to:

1. Answer three questions to ask to find *individualized* solutions to *any* childcare challenge that will meet the specific needs of diverse populations and family dynamics.
2. Apply a five-step “PASRR effective response formula,” which parents and teachers can use directly with children or family-service professionals can use, model and teach to parents in a variety of settings.
3. Teach parents how to think for themselves and help children develop the skills and qualities they need to succeed in today’s world, so parents *and* children are empowered for life!