

POSITIVE PARENTING PROGRAM

Guide Your Children Towards 'Success' and 'Happiness'



Do you find it difficult to cope with your children who are constantly seeking something new?

Do you see that your children find it hard to focus or find purpose in what they do?

Do you see that your children are aloof or keep to themselves?

Do you find it hard to cope with your children who are highly challenging and/or demanding?

Do you find that your children are often worried and afraid of failures?

Are You A Hit or Miss Parent?

Most of parenting or care-giving for children has been "hit or miss". If the child comes through and is successful in his life then you call it parenting success. When your child ends up struggling and is unhappy, the parent has to cuff up the blame as well.

In fact when children grow and often find themselves struggling to cope with life, they often are quick to blame their parents for not being there for them or to have guided them well enough to deal with the vagaries that life has to offer.

You might have come across many stories about how the highly successful people credit their parents for their successes - who they claim have been their guiding lights and ever present in their journey towards great success?

Is it a hit or miss? Do you think that your child's success or failure in life is to be left to chance?

Do you think it is possible that parents of successful kids do certain things which help them along the way?

Positive Parenting

You would have hardly come across parents who don't care about their child's success and happiness. In fact parents spend their entire lifetime thinking, acting and behaving in ways which they believe will bring good to their children. They strive to be great parents.

The path however is not all hunky dory. Almost all parents would at some point in their parenting journey experience confusion, frustration, stress and endless challenges which go with their parenting role.

Not just of pre-school kids but teenagers and young adults, parents can relate to challenges which arise at each stage of development.

The good news

There are several research backed tools and resources available for parents which provide processes of engaging with children which could help them overcome challenges - from the common forms of being picky; tantrums; rebellion; to more advanced forms like risk-taking behaviors, impulsivity, procrastination, career orientation and planning to name a few.

With our focus on positive psychology our program on positive parenting can help you to guide your child to be more resilient, happy and successful in life.

Who is this for?

For us, anyone who is responsible for and part of the environment in which a child grows is a 'parent'. It could be a care-giver, elder sibling, single parent, grand-parents, teachers or anyone who is involved in their upbringing. It takes teamwork!

What do I need to invest?

8 Weeks. 2 x 90 Min. Online Sessions / per week

Registration fee: INR 12,000/- for both parents or **INR 9,000** for single parent.

Includes: Assessments for 1 child, Bibliotherapy sessions, Worksheets and Exercises.

Write to: sree@thecriticaldialogue.com

Would you like to leave your **children's** future to chance?

POSITIVE PARENTING PROGRAM

Guide Your Children Towards 'Success' and 'Happiness'

Our PPP program focuses primarily on providing you with powerful processes which will help you fully empower your child for a life of happiness and growth. This program uses **scientific tools of psychology** to help you steer clear of the hit or miss approach to parenting.

We will teach you how to?

- **Guide**
- **Lead**
- **Teach**
- **Care and more importantly**
- **Communicate**

This will go a long way in establishing strong bonds built on 'positivity' with your child.

Content

- Know what you bring to the table as a parent?
- Know how your personality influences your parenting?
- How to use your self-awareness in understanding your child?
- What are the predictors for understanding your child's predispositions?
- How to use the power of observation to spot opportunities / talents of your child?
- How to identify the underlying factors which influence a child's behavior?
- How to develop high self-esteem in your child?
- How to set your child up for success and happiness in life?

Positive Parenting Program Outcome you can expect

- Promotes your children's confidence and provides them with the tools needed to make good choices.
- Helps in promoting children's social and problem-solving skills while enhancing relationship quality with you and their care-givers and peer group.
- Enhances children's self-esteem and confidence.
- Facilitative parenting supports nurturing of creativity and self-determination in children.
- Enhances children's belief in themselves and their future.
- Through positive reinforcement you develop healthy social behaviors in your children and improve their efficacy
- Make them more accountable and responsible.

"Positive parenting is the continual relationship of a parent(s) and a child or children that includes caring, teaching, leading, communicating, and providing for the needs of a child consistently and unconditionally"

Sea, Freysteinson & McFarlane, 2014.