



# *PARENT'S* **GUIDE**

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nurturing  
SUMMER 2019 COLLECTION  
the difficult child

# Nurture Them

**NURTURING DIFFICULT CHILDREN**

**A GUIDE FOR PARENTS**

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# INTRODUCTION

Welcome to a new way of life!



Hi! My name is Sadie and I'm Mom to three daughters. My daughter, Sapphire, was diagnosed with Oppositional Defiant Disorder at age 9.

After some rough months (getting kicked out of school, making poor choices online), I realized my parenting **had** to change if I wanted her path in life to be a positive one.

I discovered the Nurtured Heart Approach™ and my life was changed in such a positive way, I knew I had to share it with the world!

I'm so glad you downloaded my free parent's guide for Nurtured Heart Approach™. I am not affiliated with NHA in any way, shape, or form, I just love the program and highly recommend it. I have done all of my research for free, online, and have not attended workshops or certifications (that cost upwards of \$2,000).

I created this guide for myself, and it helped me change my parenting, so I want to share it with you. I am not an expert or a doctor so please use this guide as it's meant to be used: as a helpful guide on your parenting journey to learn the NHA. This guide is not to replace anything else, just to accompany it. :)

The Nurtured Heart Approach™ has transformed me as a mother, as a human being, and as my daughter's teacher. I have faith it will do the same for you.

Learn more about NHA at [www.childrenssuccessfoundation.com](http://www.childrenssuccessfoundation.com)

# USING THIS GUIDE

Look for greatness... you will find it!

This guide is meant to be used for note taking and self-reflection. Be honest with yourself while taking notes and reflecting on your parenting thus far, and moving forward.

The "Three Stands" are thoroughly covered in the first two pages.

Next, you'll see a worksheet to practice specific praise. It is important to avoid generic phrases such as "great job!" and be more specific. What did your child do? Which character traits are they displaying?

A "catch them being good" page follows. You may want to print several copies. This takes practice!

After that, the NHA principles at a glance, then two principles per page for you to take notes and reflect while you are watching the videos in this blog post:

[www.sadiesmiley.com/nha](http://www.sadiesmiley.com/nha)

Finally, you'll find coloring/motivational pages to color and hang in your office or on the fridge. Place them wherever you spend most of your time, as you may need more reminders - especially at first.

## DOs and DONT's

DO NOT skip through the videos or skip any of the principles. Take your time and learn them, just as you would if you were studying for a test in school.

DO give yourself grace. This isn't an easy switch for some of us, but we are all working as hard as we can to be great parents. If you "mess up", get back on track quickly with some positive praise.

# THREE STANDS

## *Instructions*

The Nurtured Heart Approach™ has taught me so much when it comes to parenting. I've always been a huge fan of positive parenting, but I'm also the type of parent who knows rules and strictness are necessary for growth. These are the Three Stands™ of this approach, summarized in my words to keep things brief.

See a full breakdown of this system at [www.childrenssuccessfoundation.com](http://www.childrenssuccessfoundation.com)

### ABSOLUTELY NO!

I **refuse** to give my time and energy to negative behavior. My time and energy will be used to search for WINS only.

### ABSOLUTELY YES!

I will relentlessly direct my child into new patterns of success. I will recognize the success and achievement that my child is displaying no matter how small. I will give specific positive encouragement.

### ABSOLUTELY CLEAR!

I will not lecture, argue, bargain, or yell. I will have clear and consistent consequences for children when a rule has been broken.

# 3 KEY POINTS

## ENERGIZE SUCCESS

Recognize and honor children when they are doing well. Use these as teachable moments. Focusing on the positive reinforces that **THIS** is the behavior we are looking for.

When giving positive reinforcement, do so with **intensity**. Get excited and give specific positive feedback. Avoid general phrases like "great job!". What did they do? How did that make you feel? Which characteristics of greatness are they displaying?

## DE-ENERGIZE NEGATIVITY

This one is tough for me. Make a conscious decision to no longer reward misbehavior with time, attention, and/or emotion.

Obviously if your child is doing something dangerous, you'll need to give attention to stop the behavior.

Otherwise, discipline needs to be predictably boring.

## SET STRICT LIMITS AND CONSEQUENCES

Recognize and honor children when they are doing well. Use these as teachable moments.

Instill trust in their child by remaining consistent and holding the child accountable.

# SPECIFIC PRAISE

## *Instructions*

The key to ruthlessly, relentlessly pursuing the positive is to be super specific in your praise. Use these example scenarios to work on being super specific with your praise. What would you say to your child in each situation? Use the last boxes to fill in your own scenarios.

YOU HAND YOUR CHILD A BAG TO CARRY IN FROM THE STORE. THEY CARRY IT IN.

THANK YOU SO MUCH FOR CARRYING THAT BAG IN FOR ME! I WAS OVERWHELMED WITH ALL OF THOSE BAGS. THAT SHOWED WHAT A HELPFUL AND RESPONSIBLE PERSON YOU ARE!

YOU ASK YOUR CHILD TO TURN THE TV OFF. THEY DO SO WITHOUT COMPLAINT.

THANK YOU SO MUCH FOR TURNING THE TV OFF WHEN IT WAS TIME FOR DINNER. THAT SHOWED WHAT A GOOD LISTENER AND GOOD HELPER YOU ARE!

THANK YOU SO MUCH FOR \_\_\_\_\_.

THAT SHOWED WHAT A \_\_\_\_\_ YOU ARE!

THANK YOU SO MUCH FOR \_\_\_\_\_.

THAT SHOWED WHAT A \_\_\_\_\_ YOU ARE!

# CATCH THEM BEING GOOD

It's your responsibility to catch your child being good. Even if you have to set the bar realllllly low, find a way to praise them for their good choices today. What did your child do and how did you praise them?

## CATCH #1

## CATCH #2

## CATCH #3

[illegible]

## ✓ POSITIVE PRAISE CHECKLIST

- ☐ EXCITED, animated!
- ☐ Specific feedback. Avoid general "great job" statements.
- ☐ Quick "wins" to get the ball rolling.
- ☐ More energy than you would give negative behavior.



# Principles at a Glance

# NHA PRINCIPLES

- ☐ ENERGIZING NEGATIVITY
- ☐ RADICAL APPRECIATION
- ☐ CHOOSE TO SEE GREATNESS
- ☐ CREATE GREATNESS
- ☐ ACT OUT GREATNESS
- ☐ FLIP THE SWITCH
- ☐ SEE THE GREATNESS
- ☐ IT ISN'T JUST HAPPENING
- ☐ RESET
- ☐ THE GIFT OF YOU

## THOUGHTS

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# PRINCIPLES 1 + 2

## 1. ACCIDENTALLY ENERGIZING NEGATIVITY

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## 2. RADICAL APPRECIATION

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# PRINCIPLES 3 + 4

3. CHOOSE TO SEE GREATNESS.

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4. CREATE GREATNESS.

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# PRINCIPLES 5 + 6

## 5. ACT OUT GREATNESS.

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## 6. FLIP THE SWITCH

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# PRINCIPLES 7 + 8

7. SEE THE GREATNESS.

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8. IT ISN'T JUST HAPPENING.

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# PRINCIPLES 9 + 10

## 9. RESET.

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## 10. THE GIFT OF YOU.

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**DON'T  
WATER  
THE WEEDS.**

What  
you  
water  
will  
grow.





Energy flows  
where  
attention goes.

