

Table of Contents

Introduction

Welcome to <i>Active Parenting 4th Edition</i>	8
What's New about this 4th Edition	8
How the Program Works	9
Who Should Take <i>Active Parenting 4th Edition</i> ?	10
Why a Video and Discussion Program?	10
The Program Materials	11
The Active Parenting Learning System	11
Is <i>Active Parenting</i> Evidence-Based?	12
Who Can Lead an <i>Active Parenting 4th Edition</i> Group?	12
Group Leadership Skills	12
In Preparation	15
Key to Using This Guide	16
The Active Parenting Community	17

Session 1. The Active Parent

I. Getting Started	20
Put It in Writing	20
II. What Our Kids Will Need to Succeed	24
III. Styles of Parenting	31
IV. And Now a Word from Your Child's Brain(s)	37
V. Two Keys: Mutual Respect and Participation	40
VI. Taking Care of the Caregiver	45
VII. Family Meeting & Family Enrichment Activity: Taking Time for Fun	47
VIII. Home Activities	48
Your Group's Online Home	49
IX. Active Parenting & You	49

Session 2. Cooperation & Communication

I. Review	54
The Jelly Bean Problem	54
II. Share and Tell	55
III. Winning Cooperation	58
The Jelly Bean Problem	59
IV. Who Owns the Problem?	61
V. Communication: The Road to Cooperation	66
VI. Communication Blocks and Discouragement	68
Communication Blocks Activity	70
VII. Active Communication	71
Active Communication Activity	76
Video Practice: Responding to Feelings	80
VIII. Family Enrichment Activity: Bedtime Routines and "I Love You"s	82
IX. Family Meeting: Bedtime Routines	84
X. Home Activities	84
XI. Active Parenting & You	85

Session 3. Responsibility & Discipline

I. Review	92
II. Share and Tell	92
III. Responsibility	94
IV. Discipline vs. Punishment	97
The Punishment Activity	99

V. Polite Requests, “I” Messages, and Firm Reminders	103
Basic Discipline Practice Activity	104
VI. Consequences	106
Video Practice: Logical Consequences vs. Punishment	112
VII. Family Meeting: Problem-Prevention Talks	114
VIII. Family Enrichment Activity: Catch ‘em Being Good	116
IX. Home Activities	117
X. Active Parenting & You	117
Session 4. Building Courage & Self-Esteem	122
I. Review	124
II. Share and Tell	125
III. Courage and Self-Esteem: The Think-Feel-Do Cycle	129
IV. The Power of Encouragement	134
Take it to the BANK	140
Encouragement Circle	140
V. Family Enrichment Activity: Letter of Encouragement	145
VI. Family Meeting: Character Talks	145
VIII. Home Activities	146
IX. Active Parenting & You	147
Session 5. Understanding and Redirecting Misbehavior	150
I. Review	152
II. Share and Tell	152
III. The Parent-Child Cycle	154
IV. The Four Goals of Behavior	155
The Two-Hand Push	158
The FLAC Method	161
The Four Goals	165
V. Handling Anger	167
VI. Family Meeting: Problem-Solving with FLAC	172
VII. Family Enrichment Activity: Teaching Skills	173
VIII. Home Activities	174
IX. Active Parenting & You	174
Session 6. Active Parenting for School Success	178
I. Review	180
II. Share and Tell	180
III. Seven Smart Things Active Parents Do to Help Their Child Succeed in School	182
#1: Show up and show support.	184
#2. Get to know your child’s teachers and encourage them.	185
#3. Make learning a family priority.	185
#4. Structure homework time.	186
Homework Sharing	187
#5. Read and talk with your child.	188
#6. Filter (and limit) your child’s media.	190
#7. Support the school’s discipline plan.	193
IV. Family Enrichment Activity: In Our Family	194
V. Home Activities	195
VI. Closing	196
VII. Active Parenting & You	197
VIII. Completing Your Experience as a Leader	199
References	200