

(no title)

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SUMMARY

The module outlines a structured approach for parents to reduce tantrums, enhance teamwork with their partners, and establish family goals and values. By aligning daily interactions with these goals, parents can foster a more harmonious family environment and make confident decisions regarding challenges like healthy eating and screen time.

- *Module one focuses on skills to reduce tantrums.*
- *Module two emphasizes aligning parenting strategies with partners.*
- *Module three encourages collaborative goal-setting within the family.*
- *Establishing family goals helps clarify direction and values.*
- *Daily interactions should reflect the family's goals and values.*
- *Misalignment between goals and communication can lead to confusion for children.*
- *Goals aid in making decisions on various parenting challenges.*
- *The process fosters confidence in navigating parenting decisions.*

we all have goals in module one of the membership we learn the skills to dramatically reduce the incidence of tantrums then in module two we got more aligned with our partner to more effectively parent as a team in module three with your family now in a more collaborative place and with your new communication skills you'll work with your partner to establish family goals which is about having an idea of where we're going and values which is about

what we want life to be like as we're working toward our goals that are uniquely right for your family and then the really important part is that we work to align your daily interactions with your child with these goals and values because pretty often i see parents who haven't done this work who have a certain goal but whose verbal and non-verbal communications with their child are giving the child the opposite message so we're not just making goals

for the sake of making goals but to help us make decisions about all the other issues that seem so challenging right now like healthy eating and screen time so we can have the confidence that we're heading in a direction that feels right to us and that we're going to live each day along that journey in a way that's aligned with our values

you