

This program has brought a new perspective into my life. I have a bachelor's degree in psychology (2009) and a master's degree in education (2013). I also have 14 years experience of working with children as well as additional childcare training. You would think that having a college education plus additional training and experience would mean that you wouldn't need to study or further "educate" yourself, but that is not the case at all.

In 2014, I was a first year paraprofessional and I needed information on how to help a kindergarten student who was having behavioral issues in the classroom. At the same time, I was also working with a child with special needs. This is when I discovered CCFL.

This program was NOT like the other programs I had studied. Instead, this program taught me to how to empower my students with fabulous results! I am ready to help change the world with CCFL! BRING IT! Brittney York

I love and connect with the heart of your message...and really see how it can be a new style of parenting where children are empowered. My goals are to teach my son to live more fully, and learn how to strive in life from within. Sadly, he doesn't have enough internal positives, and I hope to help him create this. Michelle Lyn Denault

This isn't a mini victory; this is a HUGE victory! My husband and I just met with our son's 1st grade teacher and assistant principal! They recommend that we completely DISMISS his FBA (Functional Behavior Assessment) at this time! Our son has made SIGNIFICANT progress this year and his behaviors have

improved DRASTICALLY! The FBA is not reflective of his current level!

What a fantastic conference! I could not wait to tell all of you! Tears of JOY today! Thank YOU, Thomas Liotta and Bonnie Liotta, for all you do and for making us believe in our son! Carrie Fetter Jannazo

We have recently seen a HUGE change in him! He now WANTS to help with the dishwasher, and since he's helping, he gets to put his dishes in it! He's started helping out a lot more around the house, he's had a better attitude about it (and life in general), and he searches for things that need to get done! He's a completely different kid than he was this time last year! Thank you, Thomas and Bonnie, for this amazing program! Our house is now a HAPPY home instead of a war zone!!! Melissa Anderson

Thomas and Bonnie: Thank YOU! I keep crying, thinking of how wonderful it is to have hope that I can successfully parent my children into the lives they deserve, and I can stop feeling so exhausted all of the time! Trying to be the perfect mom and never hitting the mark is utterly exhausting. God bless your beautiful efforts! Kimberly

What a difference this course has made in our lives and with our two boys, 15 and 6.5 years old. I come from a very academic background in Psychology treating children, youth and families, and I can honestly say that I challenged EVERYTHING that I have learned in school and practiced all these years. How we are taught to train or teach children has been very negative! The language you have brought us is so simple and makes such a huge difference

in the way a child responds. I am a 100% supporter of this philosophy and program. Tania Atkin

We had the best day we've had in a long time. It was amazing. He was doing stuff I didn't even ask him to do!
Marta Leon

My 16 year old daughter has been very disrespectful for the last couple of years! She has not had one outburst of anger today. She has been home all day. She does school at home on Fridays. Thanks!

Just by reading bits and pieces of the book Learn to Speak Kid and before beginning the online course, I could see my six year old son feeling more positive about himself and practicing life skills with more confidence and less tantrums. The empowering and building on his strengths absolutely works...even the family therapist and child psychologist were of little or no help compared to Thomas and Bonnie Liotta's book and course. My son, who is gifted but also has separation anxiety, is going back to school after a year of school refusal. He's feeling better about his home environment and feeling more confident about himself. Terry Bottari

Excellent course that is life changing. Went through once quickly, and now working through it one module a month to really study it in-depth. Tammy Birr

I can now see that I never took the time to teach my son to do things. Tammy Wong

WOW! I'm in total shock! I just want to help my son. Jenny

I'm filled with hope, rather than doom and gloom. Lori

I thought these guys were going to be kooks, but, over time, as they shared another and another slide, I was nodding. This just makes so much sense! Mike

I have been advocating for and dreaming of a course that is so desperately needed in today's world. In today's day, most parents are teaching and raising their children according to the ways in which their parents taught them. Those parenting skills may not be the best ways, but if you don't know other ways then the same life cycle continues. Our society would greatly benefit in all aspects of life by the Creating Champions For Life course. I BELIEVE this course should be mandatory for every person bringing a child into this world. My world is a much happier place since taking this course!
God Bless You, Ashley Holmes

Because of the information from Know Your Role as a Parent, I was able to stop reacting to every little thing. Instead, I learned to speak kid, and I'm starting to see the

whole picture of our family dynamic. I was in a rut, acting like an arguing sibling. I started using the CCFL language and I realized that you can have the same child in the same situation and have two completely different results. I was having a hard time seeing this before this course - I only knew what I was doing wasn't working. Yet, I felt completely in the right to parent the way I was parenting. I was loving but somehow still ineffective. The CCFL way is loving and also direct, not convoluted. It empowers all parties with lifelong learning - it's like the difference between treating a symptom with drugs and healing the root of the problem. I'm thrilled! I have a six year old boy and would still take this course even if he was 17! Wendy Snodgrass

Mini victory! My 18 year old son announced this morning that he'd said to himself that he could approach his day thinking about how he hated going to his shitty job or he could look at it as a way to make some money and be able to spend his free time doing what he loves. He said, "I'm going to kill it!" That is a good thing BTW! LOL For those of you with teens, you may have heard these types of phrases. :)

This is positive thinking for a kid who wanted to end his life a few months ago. This current mindset is encouraging! Blessings for your day, everyone! Myra Clark

My 7 year old son wanted money for a large snow cone during field day tomorrow, so he willingly vacuumed, mopped and cleaned the patio door glass to earn enough money! Kara Burkett

People are telling us they see huge progress in our son!!! We just got back from a visit in Ohio and my IN-LAWS (my son's grandparents) said how they have seen huge behavioral improvements! Friends are saying good things, too! We aren't even in the transition period yet! I just HAD to share! Carrie Fetter Jannazo

The more you absorb the information inside the pages of this book, the more your life will form in the direction of your dreams.

To get the most from this book:

1. Allow yourself to feel hope for the future of your emotions and your child's success.
2. Your mind is like a parachute. It works best when it's open.
3. If you want something to change, you've got to be willing to change.
4. Underline all important ideas.
5. Stop and think for a few minutes at the end of each chapter about how what you just read affects your life.
6. Read every word on every page twice.

Raising Healthy, Happy, Cooperative Kids

A perfect balance between history, hope and healing for parents seeking authentic, effective and empowering solutions for ADHD, ODD, Asperger's syndrome, anxiety and depression.



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Books by Bonnie and Thomas Liotta
Learn to Speak Kid

For orders other than by individual consumers, Creating Champions For Life grants a discount on the purchase of 10 or more copies of single titles for special markets or premium use. For further details please send an email to support@creatingchampionsforlife.com.

**This book is dedicated to the champion
living within the heart of every child — it's time to
wake up and step into your power.**

Psalm 127:3 *Behold, children are a gift of the LORD,
The fruit of the womb is a reward.*

About the Authors

Bonnie and Thomas Liotta are the most sought out parenting coaches for busy, frustrated parents raising children who display disruptive behaviors.

Both Bonnie and Thomas are award-winning, admired educators and speakers.

Thomas has trained several athletes to olympic status and made a difference in thousands of children's lives with his Creating Champions For Life after-school program and all day summer camps. This program was granted an honorary spot in the Martial Arts Hall of Fame in 2004.

Bonnie Liotta has touched the lives of tens of thousands of aspiring entrepreneurs through business development, personal development, and leadership training from on stages across America.

Bonnie and Thomas currently offer hope and healing to millions of parents around the globe currently suffering in a chaotic, toxic and depressing home environment with their children through their YouTube channel, Learn to Speak Kid book and coaching programs.

They spend their days working with parents and bringing positive change to families — many of whom are raising children diagnosed with ADHD, ODD, anxiety and depression.

Bonnie and Thomas have an impeccable track record for helping parents create an empowering, loving and proactive learning environment that motivates and

engages their children in developing new, solution-oriented and productive habits.

This dynamic couple has combined their more than forty years of experience in child and personal wellness and development to help parents, educators and churches redefine parenting in the way God intended so all children can be empowered to their highest potential of happiness, joy, respect, gratitude, humility, focus, self-control, self-discipline and a hundred other virtuous characteristics.

Their non-profit **CCFL Family Ministry** is focused on the development of a CCFL Family Life Skills Training Centre that will include a CCFL private school and activity centre focused on mental wellness and empowerment. Coming soon!

You can contact Bonnie and Thomas on their website:
<http://CreatingChampionsForLife.com>

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For media interviews, email:
Support@CreatingChampionsForLife.com

Make sure to click on our FREEBIE section for our 7 Day White Belt Parenting Challenge and download a copy for the CCFL Star Chart. It comes complete with an instructional video. <http://CreatingChampionsForLife.com>

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Prologue

Champion: *Someone who is dazzlingly skilled in any field. A person with special knowledge or ability who performs skillfully.*

Synonyms: *ace, adept, genius, hotshot, maven, mavin, sensation, star, superstar, virtuoso, whiz, whizz, wiz, wizard.*

Inside the spirit of every newborn baby lies the heart of either a cheat or a champion, a loser or a winner, a victim or a victor. A deep desire to be, to do, and to have expands and fills the interspaces of the universe. How you choose to guide that desire will be the difference between the dread of parenting hell or the joy of parenting heaven.

Before you became a parent, didn't you imagine peaceful, joy-filled days, enjoying fun and laughter with your children?

Me too...

I have been where you are...living in a toxic nightmare with my children, secretly crying in the bathroom. My dreams of being a patient and loving parent...crushed! Gone! Hopeless!

In 2011 three out of four of my children had been diagnosed with ADHD. My youngest was also diagnosed with oppositional defiant disorder (ODD).

I didn't know I was causing pain in my children. No, not physically. Emotionally.

In the depths of my darkest hour as a parent, the answer came to me through what can only be described as a miraculous touch of God's hands! My prayers were

answered. A way to empower all children to their true champion self!

In my search for answers, I discovered a lie so big it would affect the entire world even though most of us weren't even born yet.

I could see the solutions to remove all children from the spectrum of child labels and the hidden parent trap beyond a shadow of a doubt!

Here's the great news and our promise to you, Mom, Dad!

YOU have ALL the power to transform child behavior disorder labels, and constant disrespect and disruptive behavior into healthy, happy, cooperative kids!

Yes, you do! And we're going to help you see it inside the pages of this inspiring and hopeful book!

Message from the Authors

Thank you for the opportunity to help you expand your parenting horizons! We are excited to have you here and appreciate your presence.

This is the beginning of a brand new, laughter-filled journey raising productive, confident and inspired children!

Success stories received from parents confirm it daily. No matter what toxic, angry, desperate-for-help situation you find yourself in with your children, learning the Creating Champions For Life way is your master key to raising champion kids.

Hundreds of children from different backgrounds with diverse personalities have already made the transition!

Children with ADHD, oppositional defiant disorder (ODD), and conduct disorder are being released from their medical diagnoses. Any need for independent learning assessments or testing are being cancelled. Children and teenagers diagnosed with anxiety or depression are becoming self-assured and purpose-driven young adults with renewed energy.

Witnessing the miracle of suicidal teenagers coming out of their shell to become productive young adults ready to take life by its horns has been the most fulfilling!

Maybe your kids are pretty good. They could be hanging off the ceiling fans. Perhaps your child is on the label spectrum for a mental or behavior disorder. There's always another level of possibility to reach for!

You are the one who is always going to make the rules and set the stage in your home — even if it doesn't feel that

way right now. You are the difference! Your child has a champion self and we are going to help you wake it up!

Are you like most of today's parents, living a daily nightmare with your children?

Are you feeling more lost and confused than ever before about what to do to get them to behave the way you want them to?

It's not your fault.

For nearly a century parenting advice has been so diverse, vast and out-of-sync that it seems the more you learn, the more it feels like you're climbing a rocky mountainside using a slippery crazy carpet as your only tool.

Not any longer! You are about to be introduced to the most powerful and effective parenting tools in the world!

Before we can introduce you to the "how to," we must share the path that brought families to such chaos and opposition in the first place.

We understand that you would love to have a quick and simple fix to calm your child during a meltdown. We don't blame you! I personally used to live through two and three hour screaming temper tantrums. It was like breaking a wild horse, only emotionally painful! I promise, we'll get there!

We know that a strong, solid foundation is the most important part of building a home. Taking shortcuts is the best way to make sure your house rots out fast! Right?

Your parenting foundation begins in your mind...

...it's your beliefs.

When Thomas and I met three years ago, I was in the depths of despair with my children. I believed in consistent timeouts and takeaways. I believed in terrible twos and teenage rebellion.

I mean, don't you?

I watched Supernanny religiously. I read parenting books and googled for answers. I thought I was the best mom ever! I was loving and giving. I followed what I was learning. Nothing seemed to work to get my kids to comply! It was like they just couldn't help themselves!

How could I get my kids to do their chores? How could I get my teenager out of bed for school?

My six-year-old son, Zachary, had already been removed from two elementary schools and placed in a special needs class before being relocated to a classroom with an enclosed space in the back. This was so no one could hear him screaming.

I was raising four children from ages six to 12. Three had been diagnosed with ADHD. Zachary, my youngest, was diagnosed with ADHD and ODD.

The first time I saw Thomas Liotta engage with my son, Zachary, I immediately saw a more cooperative, happy child. He literally came running up the stairs, gave me a big hug and went to bed. That was the first time in his life I didn't see him again until the morning. He was six!

Say, what!?! Where was the unruly, oppositional, defiant child I was experiencing on an hourly basis?

I was in shock and awe at how simple it was for Thomas to get him to engage in going to bed. Zachary was obviously

thrilled with pride. It was like I was rowing against the current and Thomas came in and just went with the flow. It was brilliant!

Yes, I could just spill the beans and tell you what Thomas said that made the difference right now. That would be simple. Chances are your children would go to bed tonight just as happy as Zachary did.

BUT! And, that's a big BUT. Just like clay pottery — without a solid foundation of understanding, you will explode! We don't want you to explode! We want to help you develop beliefs that will serve you and your kids now and forever. Your mind is like a parachute. It works best when it's open! It is time to consciously choose to receive the truth when you hear it.

Where have we been led wrong when it comes to raising our children?

We know that some parents are super lenient, while others are super tough. It seems like most parents in today's day and age are like I was...just throwing their hands in the air at a loss for what to do! They are listening to what everyone is telling them. "Well, the psychiatrist told me this is just the way my child is, so there really is very little I can do."

"You can't handle the truth!" is the quote Jack Nicholson's character is extremely famous for from the 1990s movie *A Few Good Men*.

What if everything you have been taught about parenting was the reason for your chaotic, frustrating, anger-filled life as a parent?

About 500 years ago, as far as humanity knew, the earth was the center of the universe. Galileo said otherwise and

was considered a threat to society. He was placed on house arrest for the remainder of his life. It wasn't until 1992 that the Vatican finally publicly apologized for his wrongful arrest.

Can you handle the truth? If the truth included effort and action and change on your part, are you ready for it?

Take a moment right now and dig down deep inside. Find that glimmer of hope. You know the one that says, "If I make a positive change, my results must follow"?

This is the first action step on your journey: Accept responsibility for the chaotic, toxic mess you find yourself in.

"You cannot escape the responsibility of tomorrow by evading it today." Abraham Lincoln

Thomas and I are excited to share these new ideas with you. Creating Champions For Life is quickly becoming the most sought out parenting strategies for child behavior disorders. We applaud your efforts to find another way to help your children!

I wish I had known all we are about to share with you when my children were babies.

If your mind is open and you can handle the truth, the following pages are waiting for you...

Introduction

Creating Champions For Life is reinventing parenting in the way God intended so parents, educators and churches can begin to empower all children to their highest potential.

The purpose of this easy to read, informative and life-changing book is to help you expand your thinking when it comes to raising your children. The ideas shared are based on research, interviews and experiences between Thomas and me. We believe the information provided will help you build a solid foundation of understanding so you can create authentic positive change for yourself and your children.

That all being said, this ebook may be easy to read, but it's not for the weak minded.

- This book ISN'T for you if:
 - you are choosing to hang on to the alibis and excuses created for the immediate gratification of parents
 - you choose to see nothing else but that there is something wrong with your child that only a doctor can fix
 - you are seeking an easy way out or a quick fix for your child's outrageous behavior.

If this is you, please put the book down right now and just continue to do what you have been doing all along. There is no hope for you.

- This book IS for you if:
 - personal responsibility for your child's results now and in the future has been accepted
 - you can feel in your heart there is a better way

- a real solution to help your children become empowered, happy, champion kids has been on your prayer list
- how you parent is open for exploration
- you know and trust that God doesn't make sick kids.

Genesis 1:27 So, God created man in His own image, in the image of God He created him; male and female he created them.

Whether you are a Christian parent or not, you'll soon see for yourself that all babies are born with zero habits. Your child has pure potential to be, do or have anything you are willing to consciously teach them.

No one wants to parent a child who ends up living an unhappy, desperate adult life...

Still, it is happening right now on a huge, disturbing and heart-wrenching scale.

You only have one chance to raise your precious babies. You have 18 years to prepare them for life in the world.

One day you are ecstatic, rocking your sweet baby to sleep in your arms. The next, he is running around the house screaming and causing mischief like a bull in a china shop.

Before you know it, your baby will be an adult living a life filled with adversity, and challenges.

They will grow up either a productive leader or demanding victim.

Which direction do you think follows the path of frustration, confusion, anger-oriented parenting?

You are right, the demanding victim direction!

Wouldn't you love for your children to grow up with the knowledge that no matter what challenges they may face, they have the ability to move mountains?

Mark 11:24 *Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.*

"The future belongs to those who believe in the beauty of their dreams." Eleanor Roosevelt

Even science will show you that we create our own destinies by how we approach and react to circumstances. What are you teaching your children about how the world works?

By the time you complete this short but powerful ebook, *Raising Healthy, Happy, Cooperative Kids*, you'll know the biggest mistakes "parenting experts" have been teaching for nearly a century. Whether these experts are aware or unaware of these parenting blunders does not matter. The point is that you become aware now.

You will clearly see that these mistakes are sadly leading to teenagers who:

- feel less than
- do not like themselves
- believe something is wrong with them
- have no drive or purpose
- become drug addicts
- believe suicide and trauma are the only ways for their lives to have meaning.

You're going to learn:

- exactly what child behavior disorders like ADHD and oppositional defiant disorder (ODD) really are so you can champion for your children
- the cause of child mental and behavior disorders so you can avoid the spectrum and believe in your child's potential
- the solution that will help you help your child authentically develop the necessary life skills for perfect mental health
- why your child is angry and self-conscious — even though you know he's loved beyond measure — so you can help him or her live with more confidence and joy
- how to authentically motivate your child to listen to your request
- what will inspire your children to put forth effort on homework and chores
- what to do to help your child develop new solution-oriented thought patterns so they can become more independent

Lastly, we are going to give you step-by-step instructions on what to do next. Awareness is the first law of learning. Repetition is the second!

Yes, it really is possible to help your children become all you dream they can be!

It is true that every child is different just like every plant is different. A rose is different than a tulip, for instance. The fact remains that both a rose and a tulip require water and sunlight in order to survive.

Right?

We've been taught that a timeout may work with this child and might not work with that child.

We know that every child will respond to a smile, praise and proactive plans with enthusiasm. Every child will feel important and loved when validated.

Every child will respond poorly to being told “no,” “that's bad,” “don't,” or “you can't.”

Thomas Liotta is the only individual on the planet (who we can find) who made a decision back in 1994 that would provide 100% proof for the previous statements. It was a decision that will affect millions of families around the world, most of them not yet even a twinkle in their mother's eyes. It was a decision that will inevitably change the destiny of humanity for the better.

Let John Lennon's words be heard: “Power to the People!”

To empower thousands of students enrolled in Modoo Hana TKD Academy, in SeaTac, WA, Thomas developed an incredible formula that he perfected over 15 years of practical application when hundreds of moms showed up and asked, “Can you please fix my kid?”

Thomas' school was licensed as a non-profit and was the only alternative to traditional daycare for low-income families who qualified for a subsidy. Because of this, his school attracted many students who had been asked to leave their existing childcare due to behavioral issues. These were some of the most outrageously behaved children in the Seattle area. In order to have peace and harmony inside the walls of his school, he knew he had to be creative. He was!

He was the only school invited to visit the local fire department because his students always left the fire hall cleaner than before they arrived! They even brought birthday cake!

Thomas could give his students the desire to walk in a single file line, hands at sides, for however long requested. You can do it too! All you have to do is stop trying to shove a square peg into a round hole.

You are about to embark on an exciting adventure of struggle, betrayal and hope!

Some of what you'll learn inside the next few pages will mortify you. By the time you reach the end, you're going to know you've found the answer to your parenting prayers, the recipe to raising healthy, happy, cooperative kids!

Yes, all personalities are unique. Just like gravity, the law of cause and effect applies with every individual. This means that every thought, word and action will create a certain reaction or effect.

There will be a difference in how your children react.

Do you want to know the cause so you can truly transform your present parent child relationship?

Do you want it badly enough to read this book all the way to the end?

The choice is yours!

If you're ready, let's get started...

Chapter 1

Imperative Message from Our Kids

It's not just you. The majority of parents all over the globe are struggling with the behavior of their children.

We hear complaints of constant anger, arguing and frustration silently residing inside homes from parents around the globe.

The toxic and dark environment that we've been taught to create in our homes and classrooms through parenting books, articles and videos for decades is not just frustrating, it's downright frightening!

Did you know that:

- ADHD and other child behavior and mood disorders, including anxiety and depression, have increased to the tune of more than 54% of today's youth being prescribed medication like speed as a solution?
- Teenage suicide is the #1 cause of teenage death worldwide?
- School gun shootings by classmates have increased by 300% in the last few decades?

April 20th, 1999 - Columbine High School in Columbine, Colorado was the first random mass shooting in history executed by students, leaving 24 injured and 15 dead, before turning the guns on themselves.

Until Columbine, most school related shootings were for a specific target like a teacher, girlfriend or bully with between two to 10 episodes a year.

In 2008, school shootings broke 10 a year to 11, 26 in 2013, and 35 in 2014.

Fast forward to 2018, 23 school shooting incidents so far this year, and it's only May!

Our youth are desperately crying out for help. It's time we start looking in the right places. Don't you think?

Can you agree that guns are not the problem? Really. Guns don't shoot people, people shoot people. Right?

Unhappy people with no vision, purpose or direction. People who feel that the only way for their life to mean anything is to create havoc and then end their own lives.

Action Step: Take a moment and think about what gives you purpose to get out of bed every day. What is it that drives you?

Chapter 2

The True Potential of a Child

It is easy to see that — although no one desires this — our culture has created a generation of youths who are entitled ungrateful blamers who cry when things don't go their way.

In order to make a difference for our children, studying history is imperative. It will help us understand our past and our present. This is part of your parenting foundation!

People often say that “history repeats itself.” The successes and failures of the past will help us narrow down what works. It can also help us avoid repeating horrific mistakes that don't work.

Let's begin with one of our favorite famous philosophers from the 17th century, Dr. John Locke. Until he labeled the job of parents “parenting,” the term didn't exist. Locke expressed the fact that children are born without any inherent idea of how the world works.

Children are not born knowing:

- What manners are
- How to tie their shoes
- How to drive a car
- What respect looks like
- The proper ways to sit on a chair to eat dinner.

Children are not born knowing anything!

Locke pointed out that children are born with a perfect blank slate. A baby's mind is open and ready for whatever his or her parents are willing to help them develop.

This doesn't mean that children are born without a specific personality. It doesn't mean that they are not individuals because, of course, they are. We already discussed this!

What Locke recognized was that children are born with pure potential.

Open minds.

Zero habits.

None bad.

None good.

Locke shared how children are better off guided in advance rather than punished as a reaction.

Still, for hundreds of years, society domesticated their youth by placing fear into the hearts of children.

Before the mid-1920s, the "parenting industry" did not even exist. No one brought their children to a doctor for behavior issues like they do today.

What Was the Difference?

- Purpose — Parents had more children so they would have more workers on the farm. If a child wanted to eat, they were to contribute, to work, to be part of a tribe or community, and to help get things done.
- Life Skills — Because the purpose for more children was more help on the farm, it was important to spend time with them so the parent's efforts could be duplicated.

- **Earned Privileges** — Wealth was having a good crop to sell in the summer. If a child wanted to do something or own something like a fishing pole, he earned it!
- **Corporal Punishment** — When a child did something a parent or teacher didn't like, the child would be beaten with a switch or locked in a closet as a form of punishment.

The concept back then was very much “Do as I say, or else!” This is what you call authoritarian parenting.

Authoritarian Parenting: Strict rules, corporal punishment, children were to be seen and not heard.

Being in the “no child left behind” era, can you imagine the repercussions of beating a child today?

In the 1920s teenagers as young as 13 were considered adults. They were off building their own houses, getting married and having babies.

There was no blaming. It was “If it’s to be, it’s up to me!”

“If I want to have a house, I will have to build it.”

That’s how the world was, and still is or should be. I mean, who’s going to prepare meals, do laundry and clean your child’s house after they move out?

John Watson, a child psychologist from the 1920s, shared in his popular child-rearing book, *Psychological Care of the Infant and Child*, that good parents should not kiss and coddle their babies.

This is the moment mothers began to doubt their motherly instincts. Entering the “competing with the Jones” era, the

focus of moms became more on the scientific studies of parenthood rather than duplicating life skills.

Parents were taught to put their babies on a strict feeding and sleeping schedule. If you wavered off that schedule, you were considered a bad parent. Watson also mentioned that babies who were catered to would become wussy adults.

Action Step: Look up parenting styles and see if any of them include teaching children to develop new habits.

Chapter 3

Naughty-Time Needs a Timeout

Everything changed in 1946. Dr. Benjamin Spock published a book called *Baby and Child Care*. Spock's book became a national phenomenon, selling more copies than any other non-fiction book for 52 years in a row, with the only exception being the King James Bible.

For the first time in the history of the world, Spock taught parents the complete opposite from anything taught before. His message was that parents should cater to their children's every whim. When a child was bad, use naughty time or what we know today as timeouts or take something away.

But, how does sitting your child on the stairs for a few minutes teach them what *to do* to make that's important to them show up?

Parents were being taught that their children required a massive amount of attention in order to thrive. Beyond this awareness, they were left to fill in the missing pieces of this imperative life role called parenting!

JFK once quoted: "Children are only as good as what they have been taught." Aren't you and I just adult children who are only as good as what we've been taught?

Being raised with dictation and abuse left most of our parents lost and living in a world that no longer existed.

"Spock says don't spank! I don't know what to do to get you to listen to me!" is a statement I recall hearing from my mother. Yelling and nagging became the only known way to scare a child into complying with adult requests.

This was the beginning of authoritative parenting. Think Supernanny.

Authoritative Parenting: *Authoritative parents are responsive to the child's emotional needs while having high standards. They set limits and are very consistent in enforcing boundaries.*

This sounds pretty good to loving and caring moms and dads, however, I'm sure you'll agree that something is terribly wrong. Not only are our children showing signs of mental disorders more than ever before, they're speaking out in the only way they know how — unruly behavior, school gun shootings, and suicide.

I find it quite disturbing that on December 24th, 1983, Spock's grandson would shock the world 37 years after Spock published *Baby and Childcare*. At the age of 22, Peter Spock was found dead in the parking lot of the Boston's Children Museum. His father, Michael Spock worked there as a director.

Do you think it's a coincidence that Spock's grandson committed suicide and today suicide is the number one cause of teenage death on a global scale following Spock's lead?

Action Step: **Decide right now that you're going to read this entire book! Take a cue card and write on it: "I will complete this entire book so I can have a strong parenting foundation to build on for the sake of my children's lives."**

Chapter 4

21st Century Pandemic Child Disorder

Pandemic: (of a disease) prevalent throughout an entire country, continent, or the whole world; epidemic over a large area.

The entire globe is currently being overloaded with information about ADHD. The overwhelming evidence that this disorder will cause a lifelong struggle with focus has made us all susceptible to the biggest lie in the history of humanity.

I'm sure that every time you log on to your computer or watch television you will hear the word ADHD in some form or fashion. In fact, there's more information on ADHD, ODD, autism, Asperger's, anxiety and depression than ever before!

Even so, if you were to ask three people to define ADHD, you are sure to get three individual answers.

In an attempt to help parents find solutions, ADHD and ODD are regularly discussed on television. Acted out in movies. Talked about in documentaries.

In fact, ADHD, ODD and autism have become household names along with anxiety and depression.

Medical Description of ADHD:

- Attention deficit hyperactivity disorder (ADHD) affects children and teens and can continue into adulthood. ADHD is the most commonly diagnosed mental disorder of children. Children with ADHD

may be hyperactive and unable to control their impulses. Or they may have trouble paying attention. These behaviors interfere with school and home life.

- It's more common in boys than in girls. It's usually discovered during the early school years when a child begins to have problems paying attention.
- Adults with ADHD may have trouble managing time, being organized, setting goals, and holding down a job. They may also have problems with relationships, self-esteem and addiction.

Symptoms in Children:

Symptoms are grouped into three categories:

Inattention. A child with ADHD:

- Is easily distracted
- Doesn't follow directions or finish tasks
- Doesn't appear to be listening
- Doesn't pay attention and makes careless mistakes
- Forgets about daily activities
- Has problems organizing daily tasks
- Doesn't like to do things that require sitting still
- Often loses things
- Tends to daydream

Hyperactivity. A child with ADHD:

- Often squirms, fidgets, or bounces when sitting
- Doesn't stay seated
- Has trouble playing quietly
- Is always moving, such as running or climbing on things (In teens and adults, this is more commonly described as restlessness.)
- Talks excessively

- Is always “on the go” as if “driven by a motor”

Impulsivity. A child with ADHD:

- Has trouble waiting for his or her turn
- Blurts out answers
- Interrupts others

Later on we’re going to show you exactly how each of these habits are developed. For now, let’s just put all of the medical terms for the most popular child behavior disorders in one area.

Oppositional Defiant Disorder: If your child or teenager has a frequent and persistent pattern of anger, irritability, arguing, defiance or vindictiveness toward you and other authority figures, he or she may have oppositional defiant disorder (ODD).

Asperger’s syndrome: A developmental disorder characterized by significant difficulties in social interaction and nonverbal communication, along with restricted and repetitive patterns of behavior and interests.

Autism: Difficulty in communicating and forming relationships with other people and in using language and abstract concepts.

We get that, yes, these symptoms exist. Of course, they do. Children are born without any developed life skills. Zip. Zero. None. Everything we wish for them to know and do, we must teach them.

The Diagnostic and Statistical Manual of Mental Disorders (DSM) first released in 1952, listed all of the recognized mental disorders. It also included known causes, risk factors, and suggested treatments for each condition. The

DSM is updated on a regular basis for doctors to study and is still used as reference today.

This is interesting...the APA did not recognize ADHD in the first edition, at all! In fact, none of the childhood behavior disorders existed in the medical books!

A second DSM was published in 1968. With the help of Dr. Leon Eisenberg, this edition included hyperkinetic impulse disorder for the first time. This was renamed ADD (attention deficit disorder) and renamed again to ADHD (attention deficit hyperactive disorder) — just in the last decade or so.

Eisenberg received the Ruane Prize for Child and Adolescent Psychiatry Research. For more than forty years, he was a known leader in child psychiatry through his work with pharmacological trials, research, teaching, and social policy, and for his **theories** of autism and social medicine.

Read that again! It's very telling that they call his life's work "theories."

In one article Eisenberg mentions that so many parents were bringing their children to the doctor's office for disruptive behavior that they created a name and developed a medication as a simple and easy fix.

"ADHD is a prime example of a fictitious disease." were the words of Dr. Leon Eisenberg, the same "scientific father of ADHD" mentioned above, in the last interview he gave before his death at age 87 in 2009.

Nearly a decade after his deathbed confession, more than a million toddlers as young as one and two are now being diagnosed with ADHD and prescribed a psycho-stimulant medication.

Well-meaning parents who can't control their youngster's crying believe something is wrong with them. Without any proactive parenting tools, they are bringing their toddlers to the doctor's office in droves to request medication.

Here's the kicker... there are no scientific tests to validate any child behavior disorder.

Nada.

Zilch.

Here's how it works:

1. A child is sent to school without any practice of sitting still in a chair and with zero motivation to engage.
2. Child does not sit still or pay attention in class.
3. Parent receives an invitation to discuss child's disruptive behavior.
4. Parent fills in a simple questionnaire provided by the school counselor.
5. School counselor refers parent to a pediatrician.
6. The pediatrician writes a prescription that will calm the child down.
7. Child calms down.

Talk about immediate gratification! Yes, you can create immediate change with medication. Yes, the teacher's life may be easier. Yes, the parent's life may be easier.

What is the child really learning?

If you can find some way to convince us that this solution will genuinely elevate a child to success in this world, please send an email right away!

Do you believe:

1. Medicating children is teaching them how to learn life skills?
2. Medicating children will teach them that medication is the solution to all their emotional problems?

Medicating children does not drive them to work on developing the habit of focus. Nor does it show the child how to sit still in a chair or how to pay attention.

It takes a hundred years for an oak tree to mature. A squash matures in two months. Why are we in such a hurry to calm our kids? It takes 18 years for a child to mature, not six. We're treating our children like squash when we should be treating them more like oak trees.

If you waste all your time today, can you get it back tomorrow? Nope. Whatever you don't use, you lose.

Imagine if you tied your arm to your chest and left it like that for three months...would you lose the use of your arm?

You bet! At least for a while.

Your children would love to please you. They have a desire to feel important. Every child deserves the same opportunity to develop focus and self-control. What makes these life skills any different than the opportunity to learn how to walk?

Just as a bodybuilder must maintain their muscles with consistent weight lifting, a child will learn and develop new thought patterns only with consistent practice.

Can you see that every single symptom listed in the childhood behavior and mental disorders can be developed with sustained regular use and conscious effort? Go back

and look at the list of symptoms. Is there anything there you can't teach?

I once had a mentor tell me: "Awareness is the key to greatness." First, you become aware. Then, you can learn a new skill through consistent repetition and become great! Otherwise, one can spend their entire lives in ignorance — unconsciously incompetent.

A child who can learn to tie their shoes or play a video game can learn to wait their turn — if their hunger for an end result is strong enough.

If a child seems to be constantly angry, he needs to learn how to organize his thoughts and master his emotions. If a child doesn't know how to find happiness, he simply cannot see it on his own. If he could, he would.

Remember, in the beginning of this book I shared that a prerequisite for making authentic change is the ability to hope?

Ask yourself this question...how many of the listed child behavior disorder symptoms affecting your child have you taken the time to authentically teach him?

After asking hundreds of parents this question, receiving the same answer over and over, the only logical conclusion is that child mental disorders become real when we, as parents, accept them. When we miss the natural transition from feeding our kids fish to teaching them to become independent fishermen.

Action Step: Make a list of things you expect from your child but have not taught them exactly how to do yet.

Chapter 5

Your Superhero Role

Can you put your role or job description as a parent in writing?

- Is it to protect your children?
- Is it to make them happy?
- Is to lavish them with attention?
- Make them feel loved?
- All of the above?

I'm positive that you would choose to protect your children from harm, lavish them with attention, and keep them happy. But, is that your role in your children's lives?

Let's look to nature for a moment...

Imagine if all the bunny rabbits in the world suddenly decided to lavish their offspring with attention, protect them from predators, and go out of their way to make their young happy...

What would happen to them once they became adults and their parents were sick of tending to their every need? Would they have the skills to survive on their own?

We all know that the answer is a big fat "NO!"

The one thing missing in nearly every single parenting book and article we have found is that our role for our children is to prepare them for life. The only one that comes close to explaining the importance of teaching our children how to master their emotions is Dr. Leonard Sax's book, *The Collapse of Parenting*.

We don't owe our children cable television, wifi and cell phones; we owe our children a set of life skills including morals and virtues like responsibility, respect, focus and self-control.

We know this intuitively.

We teach our babies to:

- Hold a fork
- Walk when the time is right
- Get up and keep trying even though they continue to fall down
- Go to the bathroom on their own
- Get a glass of water — hopefully.

If they want a drink, they know that life skill and can get it on their own. If they don't know how, it's up to you to teach them.

You can easily find parenting experts offering parenting tips like "Get down on your child's level and speak in an authoritative voice."

But, is this really going to help your child learn how to get what's important to them in a solution oriented and proactive way?

Focusing on solutions for temper tantrums, rebellion and anger is a backwards way of thinking. It places the child as the cause and the parent's reaction as the effect. This also puts the child in a leadership position. It matches nature's law of cause and effect in an extremely frustrating way for all.

We speak with new parents every day who share that they are desperate for answers dealing with unruly child behavior. The natural habit is always "What do I do when

my child does this?” It’s reactive. It’s like jumping out of an airplane without a parachute and then asking, “What do I do now?”

Psychology Today says that emotions override rational thought. There’s no way to be logical with an angry adult, let alone an angry child.

This is a perfect scientific equation for negative results like:

- Anger
- Anxiety
- Depression
- Chaos
- Broken relationships
- Misunderstandings
- Miscommunication
- A hundred other negative emotions and circumstances.

If this is what you’re after, following your current parenting style has you right on track!

Here’s the formula for a toxic home or class environment:

Child’s Ignorant Action + Parent’s Angry Reaction = Stress Effect.

Most of society is focused on today’s poor child behavior from an adult perspective. We are not taking the time to teach them in advance what their expectations are.

Dr. Leonard Sax shares an interesting passage in his book, *The Collapse of Parenting*. “When his parents didn’t buy him the toy he wanted, he would scream in the toy store. But his parents had never taught him the rules of good behavior. His behavior was pretty much what you would expect of a kid who has never known consistent discipline.”

He is confirming that the boy has a habit of crying in the store because it's worked for him in the past. Instead of consistent discipline, however, we would look at consistent practice showing him how to get a toy when he goes to the store rather than be in a position of a yes or no answer.

We tend to know this in our business lives or at our jobs.

Can you imagine showing up for your first day of work not knowing at all what to do. Everyone assumes you do. Every time you go to make a move, they yell at you.

- "No, we don't do that!"
- "Stop it!"
- "Shut up!"
- "Don't touch!"

Would you now know what *to do*? How long would you choose to work in that environment?

Now, what if you were stuck there? You have no choice but to live in this dictatorial and unproductive, hellish environment. How happy could you possibly feel?

You're right! You couldn't feel happy at all.

Here, let me draw it out for you again.

Worker's Ignorant Action + Boss's Angry Reaction = Frustrated Effect.

Here's an example of reactive parenting:

It's a beautiful afternoon. You don't want to be cooped up on such a nice day with screaming kids who constantly bug each other. Deciding it would be fun to take your small children for a walk to the park, you excitedly announce the

idea to your children and walk over to turn the television off.

“Okay, let’s get our jackets and shoes on so we can go for a walk to the park,” you dictate cheerfully. You finally get to enjoy some fun with your little love bunnies!

Your cheerful demeanor begins to dissipate as confusion and anxiety set in.

Your children don’t seem as excited about going for a walk as you are. They are upset that you turned the television off. In an attempt to avoid a power struggle, you successfully distract them. You turn their attention to the great outdoors. Phew...meltdown averted! Yay!

You gather your little ones up and head out the door to the park...hoping your outing is fun and worth the effort.

Before you know it, your children are happily running up and down the sidewalk.

But, you’ve been here before, or you’ve heard a story. You begin to feel worried.

Fear begins to cause an alarm to go off inside your mind. As annoyed as you are with your toddlers, you love your children greatly. You want them to be safe.

You begin to yell, “Hey, little Timmy, come back to Mommy!”

Now your younger child, who’s two, thinks you’re playing a game. He begins to run further away. Your worst nightmare is actually happening! You yell louder. As your panic heightens, he seems to be running faster and faster directly towards the busy street ahead.

You throw everything to the ground! You are in a mad rush!
All you can think about is catching him before he gets to
the main road and hit by a car!

Your toddler is giggling. He appears to be laughing at you,
which causes you to become angry.

You don't want to experience this again. Ever! Never!

You reach him just as he approaches the street.

You yell at him.

You spank him!

You make him feel bad so he can relate the bad feeling to
the experience.

You believe you are teaching him so you can protect him.

All the while, your toddler knows nothing of the danger on
the streets. From his point of view, he was simply playing
with you. He trusted you to show him the ropes and to be
on his side.

In an attempt to protect your baby from danger, you
unknowingly wound his soul. It is a wound you cannot see,
but it is there. A wound that will last forever.

Does this sound familiar?

It's like parenting today is in constant reaction to poor child
behavior. It's causing most moms, especially North
American moms, to live in a continuous state of stress and
frustration.

Maybe your child doesn't run on the streets. Perhaps he
yells or runs in the house.

What is your go to statement for when your children are doing something you don't like?

Do the statements you use absolutely show your child exactly what you want him to do?

With all that being said, if you begin lecturing your child on the way the world works, will he really get what you're saying? Can he fast forward his mind and know what it's like to be an adult?

If you have a goal to raise healthy, happy, cooperative kids, all you need to do is become the cause with a proactive plan for your child and teach him in advance!

Antoine de Saint-Exupéry, a famous 1930s children's book author and philosopher, said, "A goal without a plan is just a wish."

In the 16th century Benjamin Franklin wrote, "By failing to prepare, you are preparing to fail."

The Bible tells us people without vision perish.

Proverbs 29:18 Where there is no vision, the people perish: but he that keepeth the law, happy is he.

We plan our weddings, vacations and home renovations.

We do not plan our lives with our children. We don't lay out the life skills our children need to learn and then create a plan to achieve what we desire.

We are winging it with the ones we love most in the world, our babies. We demand respect. We dictate and control every aspect of their lives and then wonder what's wrong with them.

Thomas and I know that right now you are reacting to and cleaning up after your kids most of every day in a chaotic, exhausting and frustrating environment. Right?

To learn anything we must first see what it actually should look like. Then, we need a good learning environment so we can experience it on our own. This is the only way. We must experience the difference so we can make a choice and engage in free will.

Seeing creates awareness. Doing over and over again creates the life skill. Let's say you want your children to put their toys away. Yelling at them, "Put your toys away" is a dictation and is a habit that is not serving you.

You must show your child what it looks like, mess it all back up, and then have them show you what it looks like.

Look, the truth is that you've been domesticated, trained and conditioned to believe that to be a good parent means to do everything for your children. Thank you, Dr. Spock.

In today's society, if you have your child make their own lunch, someone is going to call you a bad parent.

Well, so what? Who cares what *they* think?

If you don't teach your child how to feed themselves now, how are they ever going to survive if something happens to you?

If you don't teach your child that they're good enough to make lunch on their own, how are they ever going to believe they can live a full life without you?

If you want order, peace and laughter, doesn't it make sense that you should do the opposite of the perfect scientific equation for bad feelings?

Let's take a look at what creates more love and joy...

Parent's Plan + Child's Practiced Action = Harmonious Effect.

This means that if you have a goal and your child has a goal, all you have to do is proactively develop a plan that both of you can focus working on.

Your job is to create a plan for your child to follow, and then to teach your child the matching life skills.

Have you ever played Simon Says? That's a wonderful example of a game you can play with your child that will teach self-control, focus and following directions.

Your child's job is to engage in learning said life skills by following what you teach them. Can you see how important it is to develop a plan and give proactive attention to your children?

When you have a family plan in place, there'll be no questions like "What do I do when my child does this?"

You would simply look at your child's weekly Star Chart and see the results. (By the way, this is the Star Chart we gave you a link for in the beginning of the book. You can download your copy on our website [http://
CreatingChampionsForLife.com](http://CreatingChampionsForLife.com) under the FREEBIES section! It comes with an instructional video.)

If little Timmy decides to have a temper tantrum, your proactive plan for what happens next should be crystal clear for both you and your child — before anger sets in.

“When little Timmy chooses to have a temper tantrum, little Timmy is choosing to go hang out in his room for a few minutes.” It’s not punishment. It’s a proactive and agreed upon plan based on the actions *he* chooses.

When you decide everything in advance, your child’s entire learning environment will transform from reactive to proactive.

You’ll have a vision.

You’ll be more confident and so will your child.

Think about it like this...when your child is upset about something, he’s basically coming to you as a customer service department. You’re the person in charge.

They don’t have the skills or vocabulary to tell you “Hey, Mom! I need life skills here.”

They’re telling you in the only way they know how. They throw temper tantrums. They seem depressed or angry. They whine. They cry. They hit.

Because of constant dictation and control, your children are just figuring things out on their own. Since whining has worked for them in the past, they’ll continue to escalate the same known life skill throughout childhood. If not already evaluated, this pattern will lead to that child eventually becoming labeled with a behavior or emotional disorder and prescribed medication.

Think about this for a moment...if you went to a customer service department to complain because a product you bought didn’t work and you didn’t know how to fix it, how would you like them to respond?

What if they responded with “I'm sorry, I don't do that”?

Wouldn't you be angry?

"Listen, you are not hearing me! Obviously you're deaf, so I'm going to yell louder."

Maybe your child has never learned the simple game of opposites. They won't know they can turn obstacles into opportunities unless you teach them that. Maybe your child has never learned to negotiate or been shown what respect looks like.

Demanding your child respect you does not show them what it looks like.

If you change the root cause, you must change the effect, yes?

Choose what life skills your children need to learn and then teach them until they can duplicate your efforts!

Action Plan: Begin at once to create a master list of life skills you still need to teach your child before he or she becomes an adult. As soon as your list is in writing, it becomes a goal.

Chapter 6

Turn That Frown Upside Down

Children love showing off their greatness. You know this by how often your child shouts, “Look what I did, Mom!” More opportunity to be independent is the cure for the lack of confidence we see in today’s children. After all, if a parent does for the child what he should be doing on his own, the message is clear. “You don’t think I have what it takes to do it on my own.”

It’s okay if they fail.

Allow your children to fail.

Encouraging your child to persevere through obstacles will help them develop neural pathways that will set them up for a massive amount of success later in life — no matter what they do.

Many parents share that when their child was a baby, he or she was happy until around eighteen months old.

What changes our beautiful happy babies into terrible twos or horrific threes?

Well, at around eighteen months old, babies begin to get into everything. Their curious nature is what gives them a zest for life. Toddlers begin to desire more opportunity to explore.

“Mommy, look at me!”

To Mom and Dad, said baby becomes a pain in the royal you know what...

Hey! I get it. I was a mom of four children under the age of six at the same time. I thought I was a superhero. I did everything for them! I was there for them! I read them stories every night. They had the best clothes, individual rooms, and every toy and gadget you can think of.

They were unruly, ungrateful and disrespectful. It was absolute. It wasn't working!

The majority of parenting experts, self-help coaches and even pastors we can find will teach you how to deal with your child's poor behavior. That's what they know.

I was following Supernanny, using timeouts and takeaways. I had no idea what my children were so angry about. In fact, like the majority of us, I believed that angry toddlers were normal.

Now I see a toddler who wishes to do something as an opportunity to teach them, not punish them.

Imagine your toddler or child says something or shares something or shows interest in something. Wouldn't it be awful to tell him no, can't do, and that won't work? Ever?

Here are a few examples for different ages:

Toddler:

Bang on a glass table.

Preschooler:

Asks for a cookie 20 minutes before dinner.

Young Child:

Draws on the couch with a crayon.

Teenager:

I want to get my bellybutton pierced.

You must realize that at each level of development, your child is going to desire something that you're not going to like.

Let's take the toddler example:

Your three year old states, "I want a cookie."

"Not right now, little guy. Supper's in 20 minutes," you respond as nice and calmly as possible.

"Aw, but I really want a cookie," your toddler whines as you brace yourself for a meltdown.

"I said no, and if you keep whining, I'm going to put you in a timeout."

Can you see it? How can this scenario result in anything other than another whine?

The above represents a perfect scientific equation for chaos, frustration, anger and desperation — overall negative energy.

Now, obviously, you are right. Your job is to instill good habits in your child, and eating cookies right before dinner is not a great one!

Can you at least validate his desire for a cookie and let him know that it is normal to love cookies?

Can you ask him what it is he loves about cookies and which one his favorite is?

I couldn't see their pain. I'm still heartbroken. It was so innocent.

Are you open to looking at your children with an educational lens versus a behavioral lens moving forward?

Validation is empowering. Recognizing what's important to him or her is going to pay off huge dividends both now and later on in life!

Validating everything they ask for will bring you and your child more confidence and feelings of worthiness.

You only know what you know. What you know has been passed down to you unconsciously from people who loved you the most, your parents.

What end result are you looking for? Isn't it more empowerment and love than what you remember as a child?

I once heard a story of a woman who brought home a ham for Christmas dinner. Before she placed it in the pot to cook it, she cut both ends off the ham. Her daughter was watching and asked, "Mom, why do you cut the ends off the ham?"

Mom paused a moment and then answered, "I don't really know. That's just what I've always done. I saw my Mom doing that when I was a little girl."

When Grandma arrived for Christmas dinner, the question was brought up: "Grandma, why did you cut the ends off the ham before placing it in the oven?"

"I don't really know," Grandma replied. "Your great-grandma used to do that, so it's just something I've always done!"

Later, the family all travelled to Great-Grandma's house to share Christmas tea. During a lull in the conversation, the granddaughter asked, "Nana, why do you cut the ends off the ham before cooking it?"

“Well,” replied the great-grandmother, “when your grandma was a girl, my oven was very small and I couldn’t fit the whole ham in without cutting the ends off.”

Now, I don’t know if this is a real story or not, but why would we continue to do what we already know doesn’t work just because that’s what our parents did? It’s because that’s all we know to do unless we begin to educate ourselves on purpose!

It’s time to think for ourselves and to step up for the sake of our children. Don’t you think?

Taking the time to acknowledge what your child is interested in versus automatically telling them no is life changing in itself.

Do you want to follow the equation that will guarantee you joy-filled days of laughter with your kids? All you need to do is make a plan to achieve your desire and attach them to your child’s desires.

(Parent Goal + Child Goal) + Parent Plan + Child Action = Desired Effect.

Here’s how it works:

1. You have a goal called healthy, happy, cooperative kids.
2. Your child has a goal for a cookie.
3. You validate what’s important to him.
4. Share your parent approved plan with your child.
5. Teach them to do exactly what you want through role play.
6. Give them something to work for!

I’m sure you can see how this will create a win-win plan versus a win-lose plan. You know? Where you win and

they lose? “Why won’t they just listen to me?” And, you kind of lose too, don’t you?

You: “I’d love for you to have a cookie. Did you want half a cookie, a whole cookie or two cookies?”

Your child: “Ummm...I want two cookies.”

You: “Perfect! When you sit at the table like this...” *And then show him what that looks like before you get him to copy you, showing you what it looks like.* “...And you eat some of your dinner, you’ll make half a cookie show up. If you eat all your dinner but get up from the dinner table, you can make one cookie show up. But, if you sit at the table like this and you eat all your dinner, you can make two cookies show up.”

Perfecting the skill of pre-framing looks easy but takes a little or, in some cases, a lot of practice. Most of us have been dictating and punishing for a number of years already. Those parenting skills are deeply ingrained and habitual.

At first making the change from hellish to heavenly will feel like it did when you learned to tie your shoes or drive a car. It’s going to feel uncomfortable. It will be worth it!

Consciously learning to become a proactive parent will mean you get to be your child’s superhero. You can instill all of the life skills and characteristics you choose for them to know in a loving and guiding way!

You won’t have to be the bearer of bad news. You won’t have to be your child’s opponent by telling him no. You won’t need to yell at your child ever again. Ever!

You’ll know exactly how to inspire your children to work towards goals they choose for themselves.

A child builds confidence by persevering through struggle while working towards things that are important to them until they succeed.

Let's say your child asks for a \$500 bike. They don't understand money yet. Even teenagers don't know money. They have never had to earn it. Let's say that this child is between the ages of eight and 12.

They don't understand you have to put in 14 hours of overtime to earn enough money for a down payment. There is no way for them to understand that concept.

"Hi, Mom! I'm so excited! I saw this bike. It's so cool. All the cool kids have one."

You would probably go into rescue mode and feel responsible. Right? What if you really can't afford it?

"Yeah, sorry. We can't afford that right now." Can you see the look of devastation in your child's face? What feeling matches that outcome? Is it a good or bad feeling?

They hear "no" to what's important to them. They feel unworthy. They feel hopeless. If you can't make it happen there must be no way to make it happen. You're his superhero!

How depressing is that?

"The other kids are better than me."

"I did something wrong."

No matter how you look at it, your child is going to feel bad. He thinks money comes from a card! Say it with a sweet

voice. Be as nice as you can possibly be. It still won't help your child understand. They can't.

Imagine this scenario...

"Wow! I would love for you to have a bike! What color do you want?" Simple validation will empower him. It will show him that what's important to him is important to you too.

"Did you see a bike?"

"Who do you know who has that bike?"

"What is it about that bike that you like?"

Asking questions lets your child have a chance to share what's important to him. You take 30 seconds to five minutes to hear him out. If he really does want to earn that bike, share some money making ideas with him. What is he willing to trade?

"I'm going to make flyers and help people mow their lawns for money! I'm going to make it happen!"

We have no idea what picture our child holds in their mind. He may want to simply share something exciting with you. It's quite possible that he doesn't want one badly enough to earn it himself. Either way, encouraging him lets you off the hook as the only option for him to reach his goals. Teaching him to earn it will prepare him for the real world.

This is how you teach children:

- Responsibility
- Work Ethic
- Gratitude
- Delayed Gratification
- Persistence

- Independence
- Desire
- Purpose

The only way.

I mean, who are we to:

- Tell a child with desire no
- Or
- Give them what they want and kill their passion?

When you understand this valuable truth, you will see your child's personal genius.

Seeing your children from an education lens will give power to the next generation!

If you do find your child to be upset or angry, simply take a moment and ask a few questions.

- Do you want me to help you?
- What are you having trouble with?
- What's another way you can think of?
- What is it you're angry about?
- What are you looking to do that isn't working yet?

If you feel bad for your child and take over, he'll feel unworthy. Working towards a personal goal creates excitement. It is the only variable that gives our lives, including our children's, purpose. Persevering through struggle to accomplish that purpose will develop characteristics within your children that will help them thrive throughout life!

Action Step: Think of and write out five open-ended questions you can ask your child the next time he asks for something.

Chapter 7

Mom, Dad, I'll Get Right on It!

It's imperative to understand that your children see the world completely differently than you do.

A child can only see the world from their own perspective. An adult brain has 20, 30, 50 years of experience and developed thought patterns called neural pathways. A child who is left to make their own choices without a defined plan and practiced life skills will inevitably do something that does not please their parent.

One of the main problems with how we communicate with children is we believe they can think abstractly and they can't. Children cannot physically think abstractly until they are at least the age of 13.

This means that a child can bring you a cup but cannot explain what a cup is.

When you ask your child questions like "What do you want to have for dinner tonight?" they're going to say the only thing they can think of. "Ice cream." "Kraft Dinner." "Pizza." "Hamburgers."

They aren't saying, "Mama, I'm five. Feed me nutrition. I'm growing and I need to be healthy." You create proactive plans by making parent approved decisions and then offer a couple choices.

When you catch a child drawing all over their bodies with a black marker and you ask, "Why did you do that?" their inability to think abstractly will give you the only answer they can think of "I don't know..." which has two meanings.

1. "If I tell you about it, you'll yell at me."
2. "I have no idea how to explain the answer to you."

They cannot see your perspective. All they know is they must have done something wrong. Your child's curious nature is how she will learn how the world works. Your child lives life in daily wonder and awe.

You look at the couch and see a week or two's worth of work. They look at the couch and see a trampoline.

See what we're saying?

If your child wishes to jump, show your child where he can jump and then allow him to choose a parent approved goal to work towards. When it's something he chooses that he really, really wants, he'll be moved to consciously decide for himself the best place to jump!

As I mentioned earlier, Dr. John Locke pointed out in the late 17th century that all children are born with no idea how the world works. If you don't teach your child life skills — sometimes over and over and over again — until they get it — your child will miss certain imperative transformational windows and develop a disorder.

It is your responsibility to equip your child with these skills so she can become an independent, solution oriented thinker!

Doesn't that just make so much sense?

You have 18 years to prepare your children for adulthood! You did not give up on them when they were learning to walk. Take the time to teach them how to make their beds, clean their laundry, and make their food.

Teach them how to sit still in a chair. Role play. Practice. Perfect.

Make it your mission to teach them a thousand life skills necessary for a rich and successful life!

Allow your children to struggle through obstacles. If they are turning the hose the wrong way, encourage them to figure out the right way on their own! Protecting them too much denies them the opportunity to experience and learn. This is how you create dependence. Many of us are unknowingly doing just that!

Guiding Behavior:

Let's use the same example that we used earlier for reactive parenting, but we're going to share it in a more loving, guiding and empowering way.

It's a beautiful afternoon. You don't want to be cooped up on such a nice day with screaming kids who constantly bug each other. Deciding it would be fun to take your small children for a walk to the park, you excitedly take a couple minutes and think about what you want from your children during your time at the park.

I want my children to walk by my side. I would love to see them keeping their hands to themselves and focused on being safe.

Awesome, that's called a goal. These are ideas which are important to you. What makes it important to your child? What's he working towards?

You may ask your children this question. "Hey guys, would you like to go for a walk to the park now or when your show is over?"

Asking them a question with two already parent approved decisions will completely transform the dynamic of your day!

“Ummm...when my show is over!”

“Awesome! Works for me.”

When the show is over, you could ask them, “Would you like to go to the park for just a short time or a long time?”

“A long time!”

“Great! I would love to play at the park for a long time too. I’m happy to help you stay at the park until the big hand on the clock gets to 12. If you choose to walk beside me and focus on being safe from the big scary cars the entire way to the park, we can stay for the whole time. If, however, you choose to run around or bug your brother, we’ll go for just a short time.”

And then have them repeat back the agreement. This is your plan to achieve both your goal and your child’s goal. He will feel as if he has a say in his life. He gets to choose!

Oh, one more thing...when you pre-frame and role play exactly what your part of the plan looks like before you head to the busy street, it will create a brand new, fun and joyful experience for you with children who respond with “Mom, I’ll get right on it!”

Action Step: Choose one skill you're going to work on with your child. Create a three level reward — something your child asks for — for motivation.

Chapter 8

The Power of Desire

A child can only understand the world and his role in it as much as he has lived it. To a child, every experience is a new one. There is no worry, doubt or fear. Only desire.

- A newborn baby desires a clean diaper.
- A toddler desires a new toy or a snack.
- A child desires time outside or on video games or time with their friends.
- A teenager desires freedom.
- An adult desires vacations or creating memories.

We are all going to have desires for things. That's not a question. What we might not realize is the importance of the emotion of desire and the power it has to create authentic harmony and peace in our homes and with our children.

You have a desire for more quality time with your kids. You wish to experience an abundance of laughter and joy with them. Correct? Isn't that why you're taking the time to read this book right now?

If you were simply given children who already knew how to make things happen in their life, you would have no desire to download and read this book.

That's the truth.

We didn't give you that desire. That desire was put there by the contrast you are currently experiencing with your children. Now, if you want a more peaceful, fun life with your children, you are forced to learn new skills. That is the power of contrast, and what life is all about.

The point is that we grow and learn and become more through contrast.

If a baby is struggling to get up on a chair and you come along to help that baby up, can you see that you are stealing the feeling of accomplishment from that baby?

Yes, you are! You believe you are trying to help your baby. In the end, it is the struggle that helps them develop their inner confidence and feeling of fulfillment, not to mention motor skills and muscle strength.

You see, we all desire purpose and the feeling of accomplishment. From the time we learn to crawl, tie our shoes or drive a car — it is the journey of transition that gives us meaning for life.

If your child is 10 and he has a desire for a new bike, why not teach him how to earn that bike on his own?

Why do you feel as if you are responsible for working for and then buying him a new bike?

Who are we to tell our child no if it's important to him?

“No. You lost the bike I bought you last year and we just can't afford it this year.”

How does this line of thinking help a child learn he has the ability to work for his own bike?

Desire is the first step towards the achievement of anything. A strong desire is what will push your child to persist through struggle and obstacles like studying for a test or taking the garbage out.

If you annihilate the desires of your child by doing too much and giving them too much that they could make happen on their own, you annihilate their mind.

How is that, you ask?

If they get everything they desire handed to them on a silver platter, not only are they not learning gratitude and work ethic, they'll have zero fuel in their tank to take your directions seriously.

Why should they:

- Learn to make money if you buy everything?
- Try in school if there's no child left behind?
- Listen to you instead of leaving the house when it doesn't affect their lives?

You see, when parents control every aspect of their child's life and then give them everything they desire, they are preparing a child perfectly for a world that does not exist.

Is it any wonder why so many parents are having troubles with the behavior of their children?

Action Step: Make a list of all the things you wish your children would do, or extra things they could do to earn things on their own.

Chapter 9

Tasmanian Devil to Mighty Mouse

Research in human psychology tells us that human beings are creatures of habit. In fact, more than 95% of the actions we take on a daily basis are habitual.

When you find yourself frustrated with your children, chances are you revert back to subconscious or habitual behavior patterns like nagging, bribing and yelling.

If you think about it, isn't most of your day — and also your child's day — operated by habitual behavior patterns rather than conscious choice, causing you to live in chaos as if the Tasmanian Devil was hanging out at your house?

A habitual behavior pattern is developed through routine behavior — repeated on a regular basis. For example, you put either put your left or right foot in first every time you put on pants or socks. Pay attention next time and you'll see. If you try the other leg first, you'll feel uncomfortable.

New behavior patterns can become automatic through the process of new habit formation. To create lifelong authentic change, there must be a strong desire present so a person is driven to persevere. This is why encouraging your child to work towards their goals is an extremely powerful strategy.

The American Journal of Psychology (1903) defines a "habit, from the standpoint of psychology, [as] a more or less fixed way of thinking, willing, or feeling acquired through previous repetition of a mental experience."

Repeated human behavior patterns become imprinted in the brain by what are called neural pathways. The American Journal of Psychology states that it is possible to form new neural pathways, developing new behavioral patterns through conscious repeated effort.

This practice of habit formation can be slow and difficult. Phillippa Lally is a health psychology researcher at University College London. In a study published in the *European Journal of Social Psychology*, Lally and her research team decided to figure out just how long it actually takes to form a habit.

The study examined the habits of 96 people over a 12 week period.

In Lally's study, it took anywhere from 18 days to 254 days for people to form a new habit.

A strong desire for a new end result is what will aid in the development of a new, more healthy and effective habit.

3 Stages of a New Habit

1. **Cue:** This is the trigger that causes the behavior. Let's say your child cries in Toys R Us when you tell him no to getting a new toy. Telling your child no would be the cue.
2. **Behavior:** What behavior comes to the surface when triggered with the cue. In this instance crying is the habit. It could still be a habit from when he cried when he needed to be fed.
3. **Reward:** In the development of all habits there must be a goal or reward or positive feeling associated with the end result. In the above example, the new toy at Toys R Us represents the reward.

If crying has ever worked in the past to get the child what he wanted, the neural pathway to "Cry to get what I want" was developed and must be replaced by a new habit with a goal chosen specifically by the child.

It is important to note that keystone habits are the gateway to the development of new habits. So, if crying is a habit your child has developed as a way to get what he wants, this would be considered a keystone habit that will lead to other habits like lying, cheating and stealing.

A great reward is only needed at the beginning of changing a habit. After a period of time repeating the desired behavior, the new habit will prevail even if there is no reward. Once a neural pathway has been created, it must be consciously re-created.

If you have a big goal and a big enough “why” to make positive changes in your parenting habits like going from being a reactive to proactive parent so you can help your kids transform from the Tasmanian Devil to Mighty Mouse, conscious effort will be required for an extended period of time.

Goals guide habits by providing the initial outcome or end in motivation for response repetition. Habits are often a trace of a past goal pursuit. When a habit forces one action but a conscious goal pushes for another action, an oppositional context occurs.

A series of elegant experiments conducted by Anthony Dickinson and colleagues in the early 1980s at the University of Cambridge in England clearly exposed the behavioral differences between goal-directed and habitual processes.

Basically, in the training phase, a rat was trained to press a lever in order to receive some food.

Then, in a second phase, the rat was placed in a different cage without a lever and was given the food, but it was made ill whenever it ate the food. This caused the rat to “devalue” the food, because it associated the food with

being ill, without directly associating the action of pressing the lever with being ill.

Finally, in the test phase, the rat was placed in the original cage with the lever. (To prevent additional learning, no food was delivered in the test phase.)

Rats that had undergone an extensive training phase continued to press the lever in the test phase even though the food was devalued; their behavior was called habitual.

Rats that had undergone a moderate training phase did not, and their behavior was called goal-directed.

Action Step: Get a notebook for each of your children to begin writing their goals in. Find out what they are willing to work towards by encouraging them to earn their privileges.

Chapter 10

The Road to Paradise

Can you think of a time when you believed something and then found out you were wrong?

Remember the telephone game in elementary school? By the time you got around the circle, the information was completely different.

Most of us believe childhood labels like terrible twos, horrific threes or teenage rebellion are a normal part of life, leaving us living in a land filled with landmines.

Working with the idea that all children are born defiant, we've been missing the truth about their potential.

Some of us were introduced to ADHD when our children began school. If you are in a younger generation, say under the age of 40, you learned about it while you were in school because you or one of your friends were afflicted by it.

If you seriously desire to exit the road leading to daily explosions and drive on the road to paradise, you must begin to look at your children with more belief in their potential and less belief in child behavior issues and disorders.

You must step up and be your child's leader in all areas. If it is ADHD you are working with, then they require the life skills of focus and self-control.

Are you with us here? After everything we have shared with you, you should be nodding your head in agreement and chomping at the bit for the "how." We're almost there!

We know that only 1,500 years ago society believed that the earth was flat. This just goes to prove that beliefs based on other people's beliefs, in a textbook or not, are not always accurate.

If you require a little more convincing, allow me ask you a few questions...

If you had to choose one:

- Is the feeling of anger a good or bad feeling?
- Is frustration and chaos a good or bad feeling?
- Is believing in defiant children and child mental disorders a good or bad feeling?

Do you really believe we are meant to live in a dark, toxic and life-sucking environment with our children?

Do we need to just accept the fact that our teenagers are walking into high schools with a gun — mostly in the USA, but also in countries all over the globe including Germany, Netherlands and Canada — and killing their classmates before taking their own lives?

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Allow me to close with a story that will sum up everything we've discussed and thought relevant enough to add inside the pages of this power-packed ebook of life changing, timeless truths. Then, we'll finish with a special gift sure to get you on track to the peaceful, happy, joy-filled parenting you long for!

Thomas and I were volunteering at a youth ranch in Michigan several years ago. We were expecting a family who had taken in a special needs foster son who was labeled with Asperger's syndrome, ADHD and ODD.

This 10 year old boy named Aaron was also affected by fetal alcohol syndrome. I've seen x-rays of a brain with FAS and it literally resembles Swiss cheese. When a mother drinks alcohol she stops the brain development for that day, and the brain is left with holes.

Everyone involved could only see Aaron's limitations. We were focused on solutions.

The truth is that even a child born without any teeth can still smile. He might look different than a kid with teeth but he can still feel desire, happiness and joy.

Mom shared with us at the beginning of their visit: "He gets a little bit overstimulated, so we usually have to put him in a timeout to calm him down."

Remember what we shared about Dr. Spock's grandson at the beginning of the book?

As we were talking, Aaron was over visiting the horses. He couldn't reach very far in so he decided to climb up on the fence. Worried that the old fence would give way under him, Mom called out, "Hey, Aaron, get down from the fence." He hopped off the fence.

A few minutes later, guess what he did? Yep. You guessed it. Aaron climbed back up on the fence. Again Mom yelled out, a little more annoyed this time, "Aaron! Get down!"

After a couple more times, Mom warned, "If you keep climbing on the fence, we are going to have a timeout. You just aren't listening."

Ah, habits! He needed a goal to help him consciously choose something other than what he habitually did, which was obviously ignoring his mother!

I asked Mom if it was alright if I went and had a little chat with Aaron. She told me I could but continued to explain to me that I would be just wasting my time.

“That’s okay! I have time.”

I walked slowly over to Aaron with a big smile on my face with only one purpose. It wasn’t to get Aaron to comply; it was to find out what was important to him while visiting the ranch.

“Aaron, what would you like to do here today? Would you like to feed the horses, pet the horses, or ride the horses?”

I assumed that he would want to ride the horses. If I just offered that to him as a bribe, I wouldn’t have got his attention. That’s not what he wanted.

"I want to feed the horses!"

"Woo, what would you feed them?"

After asking a few more validating questions, I discovered what was important to Aaron. He wanted to feed hay to the horses with his hands.

"Okay, Aaron. Let’s make an agreement. If your feet stay on the ground from now on, you’ll be letting us know you’re ready to feed the horses. If your feet end up on the fence, that would let us know you’re really not that interested in feeding the horses. So, tell me where your feet will be if you’d like to feed the horses.”

“If I want to feed the horses, I’ll keep my feet on the ground.”

“Where would your feet be if you wanted to stop feeding the horses?”

"On the fence."

All I did was create an environment that allowed Aaron the opportunity to achieve a goal he chose for himself.

Mom wasn't scared to voice her opinion. "That might work for five minutes, but he'll forget."

Well, an hour passed and Aaron's feet never touched the fence. In fact, he was cooperative and content all day long! He was even seemingly out of sight from his parents at one point and he never secretly jumped up on the fence. We could see his feet firmly planted on the ground the entire time.

Aaron was shown what he could do to produce success for himself. We focused on what does work and on what was important to him. Doing so automatically created a new cause which had a brand new more cooperative effect.

Action Step: Practice a pre-frame with your child today and let us know how it works!

Chapter 11

A New Beginning

Can you see that you really do have all of the power when it comes to the environment you and your children are growing in? Your child's spirit is crying out for more independence, confidence and growth! A burning desire to be, to do and to have must fill their hearts until it overflows into action.

Their happiness is in your hands, when it should be in their own...

You are the only person in the world who can put in the effort necessary to wake up the champion in your child. Remember the old school attitude of "If it is to be, it's up to me"?

Are you as heartbroken as I was to learn that timeouts and takeaways are simply theory and that Dr. Spock's own grandson committed suicide?

I'm with you...I truly believed that psychologists and pediatricians knew what they were doing when it came to normal child behavior. I gave them all my power! Doing so set my children up for failure in school and beyond. It's now easy to see that well-meaning psychologists are simply practicing on children like guinea pigs. The result? Millions of children prescribed life-threatening medication while lining the pockets of the companies that own them.

A child who is completely controlled by their parents or teachers without a personal goal to strive for is similar to an animal trapped in a cage. They're likely to explode! With more than half of today's children being prescribed medication, it's proof positive they already are!

It's time to step up as parents and take over the bringing up of our children with 100% belief in their capabilities. We must begin to encourage our children to take chances, make mistakes and strive for more!

This is the secret to raising outstanding champion kids!

It's time to lift our children up, to motivate them to strive to be the best they can possibly be. We need to release the excuses and alibis of child behavior disorder labels and make a list of life skills to teach them.

Perhaps you are like me and agree with Dr. John Locke. This famous philosopher had it right back in the 17th century when he wrote in his famous paper called Essay Concerning Human Understanding that all children are better off guided with love rather than punished with anger. It just makes sense, doesn't it?

After all, they are just a mini-you. They want to be heard. They have a strong desire for independence and to belong socially.

You have 18 years to prepare your kids for life. PERIOD. Motivate them with what's important to them while maintaining integrity by rewarding them exactly what they would earn if they were in the real world. Because they are!

You see, raising children with the thought that it is your job to make your kids happy is the wrong foundation. You must realize that the more you give to your child, the more they want and the less they desire to do things independently.

You can never fill their void when it comes to authentic happiness. It's up to you to create an environment that will give your children and teenagers purpose and drive and enthusiasm.

Similar to keystone habits being the breeding ground to other smaller habits, when you get the formula for an empowering environment correct, everything you strive for

when it comes to raising your children will simply fall right into place! You will end up living the parenting life of your dreams with healthy, happy, cooperative kids and teenagers who eventually become champion adults!

You must know that if you continue on the desperate parenting path of despair, living in a dark, chaotic, frustrating environment with bully kids, nothing is ever going to change for you or for them.

Your children are never going to outgrow temper tantrums just like they will not grow into knowing how to drive a car. They require a strong desire to engage in learning a more empowering and happy way to get what they want from you. That's it! You have all the arsenal you need already. When you look at the tip of an iceberg, you're only seeing a fraction of what actually exists. All of the power is there. It's hidden in the water!

You are at a fork in the road! It's time to decide to turn the opposite direction from what you are used to.

When you feel anger, turn towards understanding.

When you feel frustration, turn towards validation.

When you feel overwhelmed, turn towards your desires. Then, make a win-win plan!

Back in 1994, the exact same year God gave me a dream to find a way to help all children discover their true potential of greatness before the age of 12, Thomas decided that when he had the chance to teach, he would use the opposite of anything negative with his students.

He created a classroom environment that offered his students free will. His belt advancement tests included things like focus, self-control, responsibility and self-

discipline. Thomas didn't know it, but over a period of 15 years working with thousands of students he developed a language and full curriculum that really works to build self esteem and push kids to choose new behavior patterns that help them get what they want in life with love, harmony and acceptance.

I began to implement Thomas' methods in my home. I needed to see for myself if this would really work for parents. Of course, it did! Universal truths are universal. That means they work for ALL!

Watching my own children go from ADHD and oppositional defiant disorder diagnoses to healthy, happy, cooperative kids was like witnessing a miracle! They were blossoming like a bouquet of sun kissed roses.

They were:

- Excited to earn things
- Getting along
- Cooking me breakfast in bed
- Helping around the house without being asked, joyfully
- Grateful
- Respectful
- Happier with a new zest for life
- Setting their own goals and working towards them.

I could go on forever telling you the positive benefits that this new way of parenting has given my family.

I was free! No longer did I feel responsible for the end result of my children. If they wanted pizza on Friday night, they made it happen. If they wanted happiness, all they had to do was choose it for themselves!

Since launching our Learn to Speak Kid program, dozens of other families have also made the transition from their dark, toxic and stressful environment to order, peace and harmony.

We want to help you make the transition too! You can do it! All you have to do is decide! We've got the rest covered.

You have a strong foundation of understanding, and can begin making plans to give your children the opportunity to thrive.

You know how to change a habit. You know that through repetition of behavior, you can develop new neural pathways. First, you need a strong why.

Do you know why you would want to go on a brand new parenting journey filled with laughter, love and joy?

How will your life change when your children work with you in harmony with every request?

How will it affect you spiritually, relationally, mentally?

Once you believe you have the answers to these questions, ask yourself, "Why is this important to me?"

Then, ask why again and again and again until you feel in your heart that you are ready to take a chance and you feel excited to make a difference for your children and your family.

You see, raising healthy, happy, cooperative kids is a goal. It's a great goal. But, unless you have your why big enough, you won't have the power to persist through in the beginning when things seem difficult and slow.

So, do you have your why written out?

If not, go do that and then come back to this page. It's just you and your thoughts. We realize that no one but you will actually know if you took the time to do this exercise. If you choose not to right away, may every power struggle you have with your child be your reminder to come back and do this simple but powerful, life-changing exercise.

Find your why. Find your strength!

Okay! Got it? Great!

We invite you to join the CCFL Parent Infantry!

We see Creating Champions For Life expanding to the following areas:

- Daycare centers
- Private schools
- Life skills training centers
- Summer camps
- After school programs
- Workshops and seminars

We are looking to develop CCFL coaches, mentors and leaders so we can effectively work with parents and children on a global scale. Whatever it is you see for yourself, it all begins with mastering proactive child-rearing skills!

Now that you have your why, it's time to begin your journey by visiting our website and downloading your first of five FREE gifts — Top 10 Child-Rearing Tips from Thomas.

Over the next five days, we'll send you a series of emails with special onetime offerings as a thank you for downloading and reading our new ebook. We'll also include information on how you can take your parenting to

paradise by becoming a Creating Champions For Life certified Black Belt Parent!

Black Belt: One who holds the rating of an expert.

If you go the extra mile and post an awesome review on Amazon, please let us know by sending an email to Bonnie@CreatingChampionsForLife.com so we can send you a special invitation only invite to our next event.

Action Step: 1. Visit our website and download Thomas' Top 10 Tips for parents! 2. Visit Amazon and post a quick comment!

Thank you for reading all the way to the end. A seed has been planted that will either flourish into a beautiful life or get strangled by the thorns of negativity. The choice is yours.