

# 1-2-3 Magic® & Emotion Coaching

EQUIPS YOU WITH KNOWLEDGE AND SKILLS TO MANAGE CHILDREN'S DIFFICULT BEHAVIOUR

ONE-DAY PROFESSIONAL DEVELOPMENT FOR COMMUNITY, HEALTH & EDUCATION PRACTITIONERS WORKING WITH CHILDREN AND OR THEIR FAMILIES

## LESSON FRAMEWORK

- An overview of discipline approaches in contemporary Australia.
- Coverage of contemporary thinking in child development, particularly the differences between adult and children's cognitive abilities.
- Sort behaviours: what's involved and the implications for how parents will respond.
- Common mistakes in addressing misbehaviour, particularly the problem with too much talk and too much emotion.
- Choosing your strategy – the 3 choices: ignore it, Emotion Coach or use 1-2-3 Magic®.
- Processes of pattern-establishment and change: how negative reinforcement works, the characteristics of patterns, how to interrupt patterns and extinction bursts.
- Response flexibility in parents and carers: knowing how to avoid getting 'hooked' by children's negative emotions.
- Using 1-2-3 Magic®: what it's used for, what it's not used for, how it's done properly, how to implement it at home, how to avoid the two biggest mistakes of parenting.
- Developing response flexibility in children: emotion coaching and cognitive strategies parents can teach children.



## FOR MORE INFORMATION...

[www.parentshop.com.au/123-magic-and-emotion-coaching/](http://www.parentshop.com.au/123-magic-and-emotion-coaching/)

## EXPECTED LEARNING OUTCOMES

Knowledge of easy-to-use techniques that parents and carers can use to help children develop self-control and respond with flexibility to frustrations.

## EVIDENCE BASED EFFICACY

Three recent research studies demonstrate the efficacy of the 1-2-3 Magic® & Emotion Coaching program in significantly decreasing children's behaviour problems. Visit our website for more information on research.

## WHAT'S INCLUDED

- A certificate of completion.
- Workbook for use at the training course.
- PD points for accreditation with your respective professional associations.
- An opportunity to become a certified 1-2-3 Magic® & Emotion Coaching parent educator.

## CERTIFICATION

To become a certified parent educator, you'll be provided with additional resources needed in order to present to parents. This ensures that our product is only being taught at the highest quality. There are several benefits in becoming certified: Certification is renewed each year. **Certification is included in the first year for in-house bookings**, thereafter there will be a \$49 certification fee charged annually to remain a certified parent educator.

## WHAT PROFESSIONALS ARE SAYING...

- This was an excellent training day. It should be compulsory for all child and family health nurses. The day covered all aspects of our practice in a practical and relevant way. **JANE CALDWELL, MATERNITY CHILD HEALTH, CITY OF WODONGA**
- Fantastic course that gets down to basics using the latest research and principles on children's brain development in an easy-to-learn way for families of all walks of life. Gives parents back the power to know how they can be their child's first teacher with practical 'how to' solutions. **KRISTY JENSEN, CENTACARE**

Contact our experienced team at Parentshop® to discuss your in-house training requirements.