

# Parenting Support

## CURRENT SHORT COURSES AVAILABLE



**1**

### POWER STRUGGLES

How To Handle  
Power Struggles With  
Your Child



**2**

### SHOUTING

Why You're Yelling  
At Your Kids And  
How To Stop



**3**

### SCREEN TIME

How To Reduce  
Screen Time In  
Your Home and is  
it that bad?



**4**

### DISOBEDIENCE

Getting Your Kid To  
Listen The First Time



**5**

### SIBLING RIVALRY

How To Coach Your  
Kids Through  
Conflict



**6**

### LISTENING

Why Your Kids  
Aren't Listening



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### CONSISTENCY

7 Strategies To Help  
You Become A  
Consistent Parent



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### PARENTING

20 Day Parenting  
Transformation:  
To Get Your Kids To  
"Behave"



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### SLEEP STRUGGLES

Understanding your  
child's sleep and why  
they may be  
struggling through  
process of elimination



10

### VOCABULARY

How To Improve Your  
Child's Speech and  
Vocabulary



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### HOMEWORK

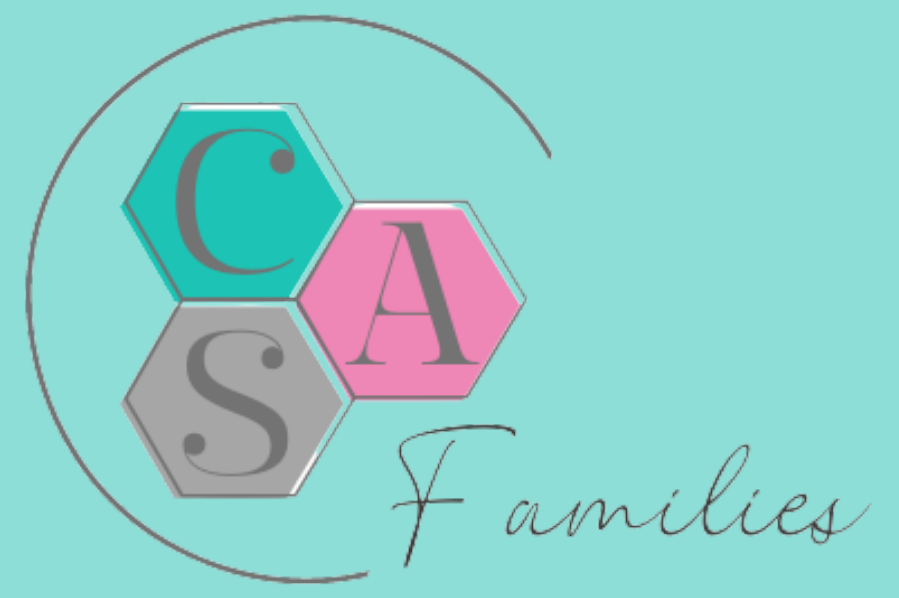
How To Help Your  
Child Do Their  
Homework  
Independently and  
Prepare For Life



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### COPARENTING

Learn how to  
coparent consciously  
either with a partner  
or as a single parent



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### PARENTING FEARS

Have any fears as a parent? Learn how to release those fears in this powerful and impactful course.