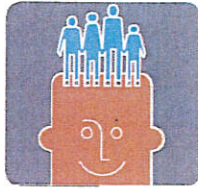


Strengthening Families Program Essential Skills

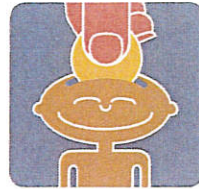


Strengthening Families
Program by Dr. Karol Kumpfer



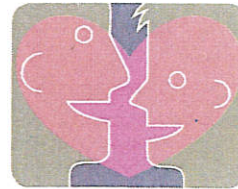
INTRODUCTION

- Do "My Time" — 10 to 15 minutes of one-on-one play time daily
- Use Mindfulness to squash ANTs (Automatic Negative Thoughts)
- Eat healthy food and have family dinners



LESSON 1

- Notice the good; give compliments daily
- Ignore minor annoying behavior; praise the positive opposite
- Stop criticizing family members
- Use instant stress busters



LESSON 2

- LUV-Listen (Listen, Understand, Validate)
- Use respectful "I-Messages"
- Learn the difference between being assertive and being offensive
- Banish communication boulders



LESSON 3

- Make and obey family rules
- Set up a rewards program to practice and learn new skills
- Teach responsibilities and assign chores
- Set up positive routines



LESSON 4

- Use positive discipline to teach and reward behaviors you want
- Give fair, mild, known-ahead consequences consistently
- Express love afterwards



LESSON 5

- Use good problem-solving skills
- Use win-win negotiation
- Teach kids pre-problem solving
- Teach the 5 Cs refusal skills



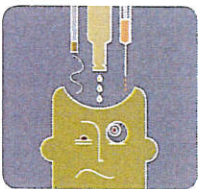
LESSON 6

- Use effective ways to reduce stress
- Track anger triggers, and re-program your brain with Step Out of Anger technique
- Use deep, slow breathing to trigger a relaxation response



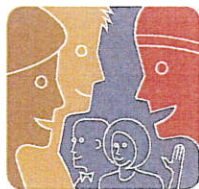
LESSON 7

- Teach kids goal setting for success
- Make contracts for change
- Give positive criticism; deliver difficult feedback kindly and respectfully



LESSON 8

- Alcohol and drugs harm the developing teen brain and hijack the brain's pleasure motivation system
- Use bonding, boundaries and monitoring skills to keep kids from alcohol and drugs



LESSON 9

- Help kids make good friends; share "no alcohol or drugs" rule with their parents
- Monitor all kids' activities and emotional well-being; trust but verify
- Help organize good healthy fun for kids



LESSON 10

- Make family traditions and loving rituals
- Share family's pro-social values
- Appreciate the benefits you get from society; give service
- Be a positive agent for change