Strengthening Families Program
Essential Skills

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

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