Conventional parenting approaches often fall short of the mark for children who exhibit difficult behavior, sometimes inadvertently leading to increased opposition and poor self-esteem. As a result, parents of children with intense personalities and challenging behaviors need strategies that work very differently.

Attend the Nurtured Heart Approach class, to learn strategies that work.

Six Tuesdays beginning Oct. 13, 2015
5:30 – 7 p.m.
The Village Family Service Center
1401 8th St. S., Moorhead
Call 701-451-4811 to register.

Do you need this class?
Try this exercise to find out.

Step 1: For one day, carry around an index card or small notebook. Mark an “X” on the card or a page of the notebook every time you point out a negative behavior in which your child is engaging. Put an “O” any time you acknowledge a positive behavior. At the end of the day, tally up the Xs and Os.

Step 2: Ask yourself, “If my child’s life is a movie, what scenes am I focusing on?” Am I giving the greatest emphasis to the scenes showing the difficult behaviors? Or am I showcasing how great my child is?”

Step 3: If you are focusing mostly on positive behaviors, pat yourself on the back! If not, perhaps it’s time to reconsider your approach so that your child can begin to really shine.

“My husband and I were desperate to find an approach that worked for our ‘high energy’ 6 year old boy. No form of discipline whatsoever would make him listen to us or follow rules. He had always been a handful but somehow things had gone from bad to worse. Nurtured Heart Approach transformed my son into a well behaved, considerate boy who LISTENS to his parents. I would consider that a miracle, and I am eternally grateful!”
—Anonymous Mother