



Parent Heroes App

Parent Heroes

Step by Step
Solutions
for the most
important job
you'll ever do

Choose your App



Raising
Toddlers
2-3



Raising
Children
4-12



Raising
Teenagers
13-16



What
Problem are
you Trying to
Solve?

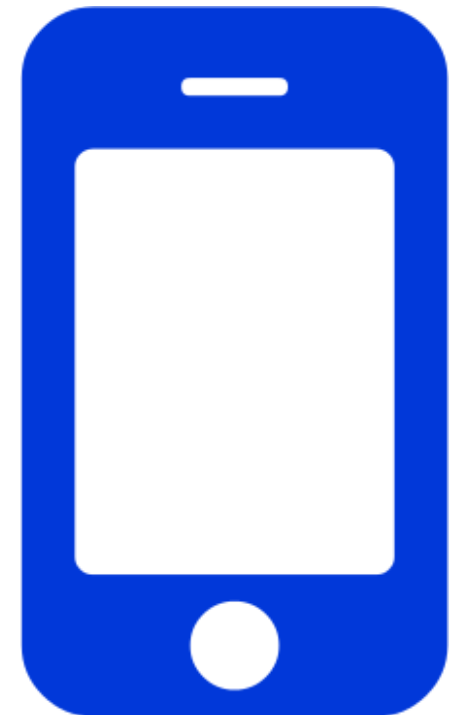
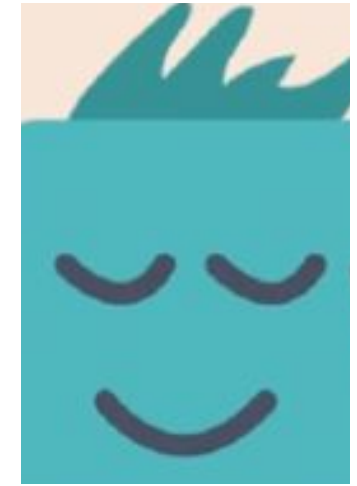
- Anger or Hitting
- Ignoring
- Sibling Rivalry
- Limit Screen Time
- Homework Hassles
- Manic Mornings
- Bedtime Battles
- Stealing
- Lying
- Rudeness

Short-term solutions

6 steps if this is happening *now*

Step 1. Steady yourself

- Stay Calm
- Take 3 deep breaths
- Be determined to stay in control



Long-term solutions

6 Steps to prevent homework hassles in the future

Step 2

Plan a homework schedule with your son.

Ideally homework should be done 20-30 minutes after arriving home from school, after a snack, drink and a chat.



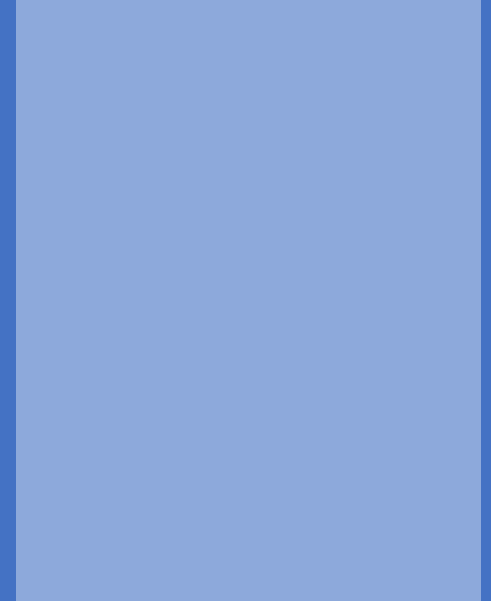
Skills & Techniques

Empathy

Empathy is the magic key when it comes to defusing tensions at home.

Empathy is where you tune in to your child, and help them feel understood.

One way to show empathy is to start the sentence with the words
You look...
You sound...
You seem ...



Daily Motivational Hints and Tips

Day 2

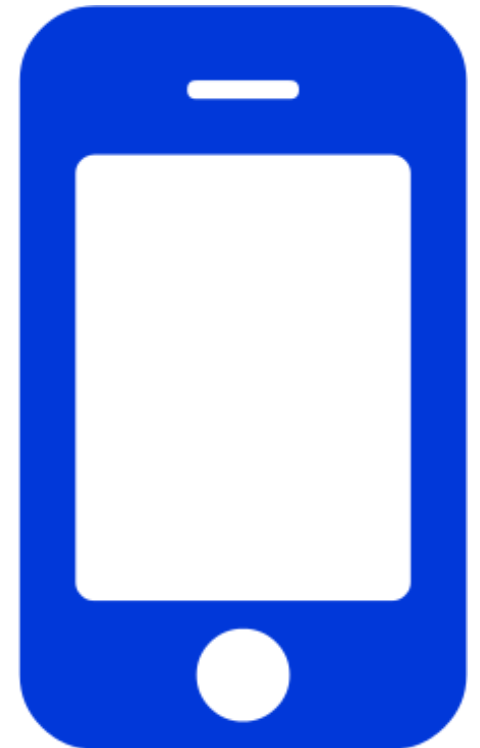
If you catch yourself shouting, stop!

Leave the room, saying:

'I need a minute to calm down.

Stay here.

I'll come back and deal with this, as soon as I'm calmer.'





**... until
everything
works for you**