
WORKSHOP SERIES

Order and Calm All Year Long

{ specifically designed for schools as a program for parents }



BALANCING ACT, LLC

Does the start of the school year signal the end of your family getting along and the beginning of feeling overwhelmed and stressed out?

- Does your family struggle every school day to get out the door without a shouting match?
- Are you constantly nagging your children to take responsibility for their homework without seeing results?
- Do you feel that screens have more control of your household than you do?

If the answer is YES, then keep reading!

Parenting expert Paige Trevor understands the high hopes you have for your kids at the start of every school year. She also understands how discouraging it can be when those high hopes get buried under the frustrations of lost forms, chaotic homework spaces, and seemingly indifferent children. Paige put together the **Order and Calm All Year Long** parenting series in order to support the supporter – you, the parent – and help your family get the most out of the school year.

The one-of-a-kind **Order and Calm All Year Long** parenting series provides:

- **Age-appropriate expectations** – Encouraging your child to take control of her homework and chip in around the house will only work if your expectations are realistic. Paige uses her nine years of training as a Certified Parent Educator to provide you with developmentally appropriate strategies to guarantee success.
- **Simple-to-implement techniques** – Parenting techniques that make sense and are easy to remember are the key to Paige's success as a parenting coach. You will leave class with action-oriented techniques you can try out that evening as well as tools to help you reach larger family goals.
- **A focus on the whole family** – Paige's strategies focus on empowering each family member with the tools to clear the physical and mental clutter that can get in the way of a happy life.
- **Ongoing support** – The support of the supporters doesn't end at the classroom door. Twice a month through the school year, podcasts, worksheets and articles from the Order and Calm Toolkit will be delivered to your inbox to further educate and empower.

During the Order and Calm All Year Long parenting series, you will discover:

- How to establish a routine that will get your family out of the door on time and in good spirits every morning.
- Resources that put you in control of your child's ever-changing digital world.
- 5 Global Tips that will help you organize any space in your home.
- A strategy to remove the stress of your children's homework from your shoulders.
- Alternatives to nagging that will produce better results.
- Specific ways your child – no matter the age – can help out around the house.
- How to create, live with and revise a time map that WORKS!

Outline of the Workshop:

Each session of the Order and Calm All Year Long parenting series will help you ease the “pain points” that are frustrating and separating your family at that particular time of the school year. Bonus help will be available from the Order and Calm Toolkit, information emailed twice a month that will help support parenting and organizational skills learned in the sessions.

Session 1: Kicking Off The School Year Right — At our first session near the beginning of the school year, you will:

- Share those school-related frustrations that are sapping the joy from your family.
- Learn specific ways you can tackle frustrations like chaotic mornings and struggles over homework.
- Role-play ways to engage your child so that your child feels empowered and your family feels happier.

Session 2: Resolutions and Reality -- During the session after the New Year, you will:

- Learn why nagging is such a roadblock to changing your child’s behavior and practice effective alternatives.
- Discover how concrete tools like 5 Global Tips and a menu planner can help you reach your own goals.
- Understand the value of “you” time in a happy family.

A bonus session is available for a discounted price –

Bonus Session: Summer Fun and Training – In this bonus session before school gets out, you will:

- Explore ways your family can use the free time of summer to strengthen the family bond.
- Find out how boredom can benefit your child.
- Determine healthy limits for your child’s favorite summer friend – the screen.

Order and Calm Toolkit:

The support and training of the Order and Calm All Year Long parenting series can continue beyond the classroom door. The Order and Calm Toolkit provides podcasts, articles and worksheets delivered twice a month to your inbox that will deepen your understanding of how to encourage independence in your child and organization in your family.

Examples of Order and Calm Toolkit information:

- “Ways to Set and Uphold Screen Time Limits”(podcast)
- “How to Execute a Time Map” (PowerPoint)
- “Age-Appropriate Chores” (chart)

Call or email today if you have any questions or would like to book your spot for the 2015-16 school year.

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