

# Power to Parent II - Helping Children Grow Up

## Course Outline

---

Part II of the Power to Parent series focuses on how to help children realize their potential as human beings. Since growing older is no guarantee of growing up, knowing how to foster maturation is key to raising children. The material is presented in such a way that engages parents while educating professionals as well.

### Course Outline

This video course is divided into eight one hour sessions.

#### Session 1: Parents and the Miracle of Maturation

- the growth analogy introduced
- the relative role of learning and maturation
- immaturity a primary cause of problems
- growth is rooted in attachment
- growth emanates from a place of rest
- the three maturing processes introduced
- maturation & the plant analogy
- maturation and the engine analogy

#### Session 2: How to Give Children the REST they Need to Grow

- how to take charge of the proximity work
- how to provide more than is being pursued
- how to keep the connection safe and secure
- how to fulfill a child's attachment hunger
- how to convey trust in a child's becoming
- two core reasons for chronic restlessness

#### Session 3: The Keys to Independence and Responsibility

- introducing the emergent process and its fruit
- the three tell-tale signs of the emergent life-force at work
- five ways in which children need to venture forth
- attachment and emergence
- why the non-emergent have trouble learning and behaving

#### **Session 4: How to help children become their own persons**

- how to draw out emergent activity
- how to give the ROOM a child needs
- how to nurture emergence by placing in charge
- how to get a child into the driver's seat of life
- how to protect budding emergence and individuality
- how to deal with the non-emergent child

#### **Session 5: Keys to Resilience, Resourcefulness & Recovery**

- introducing the adaptive process and its fruit
- why children need to find their tears
- why some children lose their tears
- how some children emerge through attachment loss & lack
- why the tearless have problems learning and behaving

#### **Session 6: How to help children accept limits and adapt to circumstances**

- how to be both an agent of futility and an angel of comfort
- how to do the three-step dance of adaptation
- how to keep from spoiling one's child
- how to know when a child needs to be danced to the turning point
- how to deal with the tearless child

#### **Session 7: Keys to Emotional and Social Maturity**

- introducing the integrative process and its fruit
- the miracle of mixed feelings
- the neuroscience of maturation
- the stages of integrative development
- how Nature builds character & fosters morality
- why some children lack mixed feelings
- the magic of addition
- how to become a well-tempered parent

#### **Session 8: How to Help Children find their Self Control and Social Sensitivity**

- how to get a good mix
- how to set the stage for mixed feelings
- how to use 'tempering' as a discipline technique
- how to know when your child suffers from the 'preschooler syndrome'
- how to deal with the impulsive and immature child