

## Tranquil Parenting Instructional Plan

Please see the items needing to be completed before a Tranquil Parenting certification.

Given	Expressed comprehension through a verbal workbook or utilized correctly and independently during role play, mentoring practices, or parenting time observations.	Curriculum	Class Material
x	Parents contributed well.	Tranquil Parenting Introduction	
		Be the parent you always wanted to be	Transformative
		Parenting styles	Transformative
		Utilizing the Separated Parenting Technique Scale	Acclimation
		Putting an end to arguing, backtalk, begging, love you too much to argue	Enrichment (Love & Logic)
		(homework) Tranquil place exercise	Trauma-Informed
		Teaching responsibility without losing their love	Enrichment (Love & Logic)
		Setting limits without waging war.	Enrichment (Love & Logic)
		Avoiding power struggles	Enrichment (Love & Logic)
		New family balance transitioning.	Acclimation
		Coping Techniques	Acclimation
		(homework) Happy/Sad Music CD	Trauma-Informed
		Blended family parenting skills. Guiding kids to own and solve their problems.	Enrichment (Love & Logic)
		Conflict Management	Acclimation
		Teaching kids to complete chores without reminders and pay (grooming/cooking/homework)	Enrichment (Love & Logic)
		Children's Bill of Rights	Acclimation
		(homework) Poem/Journal	Trauma-Informed
		Parent Alienation	Acclimation
		Age-Appropriate Conversations/Actions	Enrichment
		Family-centered goals	Trauma-Informed
		Keep them busy, so they do not keep you busy – Tag	Enrichment
		(homework) Self-appreciation/ Self-actualization	Trauma-Informed
		5 Love Languages (words of affirmation, quality time, physical touch, acts of service, and receiving gifts)	Enrichment
		Consequences of Toxic Stress	Acclimation
		Prevent cruelty throughout the parental separation	Trauma-Informed
		Hierarchy	Enrichment
		Children and devotion	Acclimation
		Class Survey	

"X" Completed.

Signature \_\_\_\_\_

Sonja Howell  
Tranquil Parenting Instructor

Write Name \_\_\_\_\_  
Date \_\_\_\_\_