



## 7 MINUTE PARENTING GAME CHANGER

I'm Jessica Stong, parenting coach and educational therapist. I love helping kids realize their potential and supporting parents to recognize the same.

You see, we are given these kids but they don't come with instruction manuals. And let's face it, we don't have extra hours in the day to read all the parenting books or consult the recent studies.

I love taking out all the confusion and frankly annoying behaviors to help families thrive.

So here's the thing:

- You know when you've asked your child 50 times to remember to bring home the right book for homework or to not forget to brush their teeth?
- Or when you are just tired of trying to help but your kids won't listen because they have all the answers.
- Or you might just be done with technology. You're tired of fighting over screen time, sick of getting on them for continuing to watch youtube videos when they are supposed to be doing their homework.
- Or even for toddlers, you're over the tantrums and meltdowns. You don't know how to get them in the car when they refuse to listen.

I love to work with these issues.

And what if I told you that I have something that will help with 75% of challenging behaviors just like those? You see, I'm right there with you; we all want a calm and peaceful home.

- We don't want to repeat ourselves 100 times before 8 am.
- We don't want to argue with our child over every. little. issue.
- We don't want to turn them into robots who can only play video games.

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## 7 Minute Parenting Game Changer Transcript (Cont.)

Are you ready? I have a solution for you that works. Game Changer.

It's the 7 minute parenting solution.

You spend 7 minutes. One child. One parent. Just you two. Guess what, you can do this.

This is simple. I promise you it's not too simple to work.

You do have enough time. It's only 7 minutes and this will save you so much more than 7 minutes. How much time and energy do you spend nagging, arguing and explaining.

Why this works:

Our kids are just looking for ways to feel powerful. To feel in control of something. Think about it: They are told what to do every day at home, at school, everywhere they go.

One reason they act out is to exert control. Ever feel like you're having a power struggle with your child? This will help.

In this 7 minute gamechanger, you shift that power for a bit of time. And in this, you allow the child to direct, to be in charge - allowing them to feel powerful.

You give them the control or agency they seek.

With the Action Plan, let your child lead these decisions. Remember, this is an exercise in giving them control within your parental boundaries.



## 7 Minute Parenting Game Changer Transcript (Cont.)

### Action Plan:

1. Name it. For example: We call it Theo and Mommy time for my youngest and Chill Time for my oldest.
2. Decide when in your schedule to do it. For example: right before bed, right after dinner. Note: don't say you're going to do it daily unless you are certain you can follow through.
3. Brainstorm activities. Put them on a list on a board in their room or put them on little pieces of paper in a jar to choose from. What activities are off limits? Maybe you don't want to watch them play video games for 7 minutes but if they want to show you their favorite music video, that's OK. For example: playing legos, doing 7 minutes of a puzzle each day, walk the dog.
4. Decide on the rules. For example: no interruptions by sibling, another parent, your phone.
5. Do it. 7 minutes. Go. YOU can totally do this. Trust me.

This is only 1 of my powerful tools that I have to help you be the parent you want to be. What is your biggest parenting challenge? I can help you personally.

Schedule a problem-solving session. It's free. You'll bring your challenge. I'll help you identify why you and your child are struggling and what, exactly, you can do about it. This is the first step of establishing a coaching relationship that will transform your parenting experiencing from frustration to liking it again.

Go to [jessicastong.com/clarity](https://jessicastong.com/clarity) to schedule it right now.