

Practical. Calm. Relationship-centered.

Parenting isn't about perfection—it's about presence. Performance Parenting gives you a simple, steady framework for helping kids grow through connection, structure, and authentic leadership. When parents bring clarity, consistency, and a grounded emotional presence, children develop confidence, resilience, and the ability to navigate hard moments without fear.

This workbook breaks down the PERFORMANCE framework into clear steps and real-world strategies you can use right away. Each chapter includes short explanations, reflection questions, and practical exercises designed to help you stay steady, set the tone, and model the behaviors you want your child to learn.

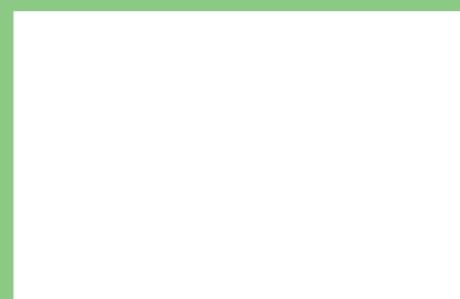
Whether you're overwhelmed, rebuilding trust, or simply wanting to improve the environment at home—this workbook helps you show up as the strongest, calmest version of yourself so your child can do the same.



Jason Robershaw, LCPC, is a therapist, clinical supervisor, and parenting coach who has spent his career helping children and families strengthen connection, communication, and emotional safety. His background includes serving as a Clinical Director, Crisis Intervention Specialist, Suicide Prevention Committee Chair, TMHFA (Teen Mental Health First Aid) Instructor, Parenting Instructor, and contributor to multiple family-focused programs.

Jason believes kids thrive when the adults around them lead with authenticity, steadiness, and compassion. His approach is grounded, judgment-free, and deeply practical—rooted in the idea that parents and caregivers can model the emotional skills they want their children to master.

He is committed to helping families build healthier patterns, repair what's been damaged, and create homes where kids feel seen, supported, and safe—while parents feel capable, confident, and human.



# PERFORMANCE PARENTING WORKBOOK



## How Parents Can Behave to Help Kids Behave

JASON ROBERSHAW, MA, LCPC

Audio  
Companion  
Included!