Tranquil Parenting Instructional Plan

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

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| Given | Expressed comprehension through a verbal workbook or utilized correctly and independently during role play, mentoring practices, or  parenting time observations. | Curriculum | Class Material |
|  |  | 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 |  |

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| “X” Completed. | Signature |  |
| Sonja Howell | Write Name |  |
| Tranquil Parenting Instructor | Date |  |