



Cut The Crap Parenting
presents

Blueprint for Effective Parenting

A Simple 5-Step Plan for Happier, Healthier Families

Denise Clark Priest, founder of Cut The Crap Parenting, brings her workshops online. Now you can learn "What Would Denise Do?" (proven skills & language for parenting with confidence and compassion) at your own pace, on your own time!

Each module includes:

- 45 minute self-paced class
- Questions answered weekly by Denise
- Lifetime access
- PDF action plan worksheet(s)
- "Kitchen cabinet printables" to keep you on track



01

Emotions in Balance



Learn the skills & language you need to allow *all* the feelings without all the chaos.

02

Clean Food



Getting real kids to eat real food? Yep. Meal plans, recipes, shopping tricks, and, of course, the skills & language to make it all happen, on any budget.

03

Clear Boundaries



Relationships are 2-way streets. Learn the skills & language to be sure your own needs are met without resentment or guilt.

04

Respectful
Communication



Communication for connection: It's the foundation for cooperation. Hear what it actually sounds like & why sometimes you shouldn't be talking at all.

05

Less Stuff



Make space for more smiles with less stuff! Learn fun ways to declutter the chaos and welcome the calm that follows, for a peaceful home & planet.