

Setting Children up for **SUCCESS** series

HANDOUT: WORKSHOP 6, WHAT ARE YOU SETTING YOUR KIDS UP FOR? Getting parenthood right is so much more than buying the right fashion label or sending children to an exclusive school. To be successful, children need the most important people in their lives, their parents, to have sorted out a family structure and a way of life that honestly sets them up for success. Take the challenge. What's on offer for your children at home?

This presentation is based on Chapters 1 and 2 from Mark's latest book – **Parenting Tough Kids: Simple Proven Strategies for Success**



At the heart of Mark's internationally popular book – now sold in 5 countries – is a healthy collection of winning ways to bring about helpful organisational and behavioural changes for all children, especially those who 'do it tough'; who learn differently, react differently and think they can't.

Filled with easy to read case studies, and real ideas useful to every mum and dad this refreshing approach keeps the focus on building improved structures and relationships, rather than becoming stuck and seeing a son or a daughter as 'the problem child'. Every mother and father needs to know how to steer their child towards effective ways to:

- improve memory and organisation
- deal with anger
- build better before school and after school routines
- get homework and chores done more easily
- keep to a bedtime, stay in bed and get to sleep
- create friendships and deal with school bullies
- build their emotional resilience

Parenting Tough Kids delivers simple proven strategies to improve the behaviour, organisation, learning, friendship & emotion of all children.

"Parenting is more than just knowing what to do. There's such a fine line separating parents who know the answers, compared to those who know the answers, but can't put the skills into place when under pressure. When under pressure many admit to falling headlong into the obvious parenting pitfalls, even though they know all about them. Most blame their runaway emotion which is driven by their love for their children."

Setting up for success, overview

Do you offer the basics to set your children up for success?

To be better organised, more responsible, to show more care or function more successfully, children need the most important people in their lives, their parents, to have sorted out a family structure and a way of life that supports what they are asking for.

Take the challenge! What's really on offer at home to support your children?

- Do you offer acceptance?
- Do you offer healthy relationships?
- Do you allow each other to parent?
- Does dad offer 'father-time' with the boys?
- Do you keep the 'big picture' in sight?
- Do you offer yourself as a parent with a backbone?
- Do you offer the right diet, exercise and sleep to your children?
- Are you an organised person?
- Do you deliberately build structures?
- Do you behave the way you tell your children to?
- Do you offer consistency?
- Do you engage your children to think?

Our children are developing and learning; they are in rehearsal. This in itself generates problems. So often parents know they teeter between expecting too much or too little. They find themselves interfering with their child's decisions with too much helpful or emotionally charged advice. They do this because they hope it will help their child find a sense of responsibility, or it may help them meet expectations, or improve family harmony, their friendships or their school grades. Eventually, most parents discover that the harder they work at finding answers for their children the more they're likely to limit their children's independent emergence into the world.

About Mark

Mark is a teacher, author and conference presenter. He regularly presents at workshops and conferences for public and independent schools, parents and interested groups throughout Australia and overseas. Mark works in private practice at FULLARTON HOUSE Adelaide, South Australia providing mentoring, educational advice, academic remediation and social skills training for children and teens.

FULLARTON HOUSE is a multidisciplinary group of professionals who support young individuals who are learning to cope with ADHD, learning difficulties, autism spectrum disorders (Asperger syndrome), giftedness, auditory processing disorder, depression, mood disorder and so on.

In 2006 Mark co-authored **STOP & THINK Friendship**. This is a social skills resource - workbook and film - published by ACER for primary-aged students and young adolescents. In 2004 Mark wrote **Cognitive Behavioural Training: A How-to Guide for Successful Behaviour**. It was written for teachers, school support personnel, counsellors, psychologists and health professionals and is distributed throughout Australia, New Zealand the United States, the United Kingdom, Ireland and Singapore. This best selling book addresses common problems that face many students: organisation, remembering, perseverance, self-awareness, motivation and emotional resilience. **Parenting Tough Kids** is Mark's latest book. Within the first nine months of release 6,000 copies were sold. It is now into its third reprint. **Parenting Tough Kids** is available from leading Australian bookstores (ISBN: 9780975231210).

To preview or purchase **Parenting Tough Kids** or **Cognitive Behavioural Training: A How-to Guide for Successful Behaviour** go on-line to www.marklemessurier.com.au

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