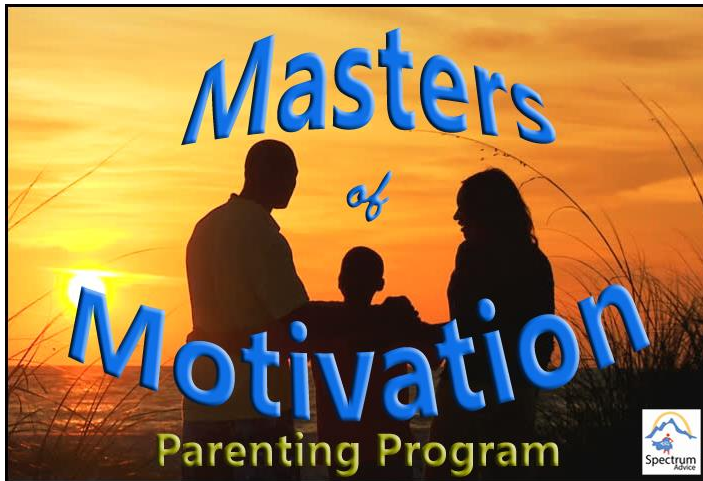




Presents



## What Topics are Covered?

We provide you with a solid foundation of ASD so that you truly understand what causes the behaviors in your kiddo and why. We then provide you with all the tools you need to effectively parent your child and to change the things within you so that love, peace and understanding are abundant in your home and elsewhere.

The topics covered each week are:

### Week 1: Understanding the Shielding System

- What is the Shielding System
- Vagus Nerve
- Indicators for High vs Low Vagal Tone
- Rider vs Elephant
- Fight, Flight or Freeze, and Trauma Release

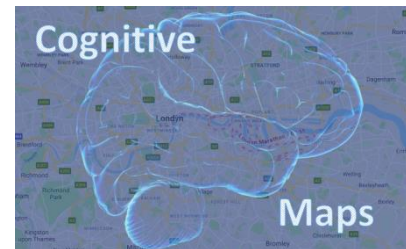


### Week 2: Sensory Overload – What it looks like and what to do

- What is Sensory Overload?
- Strategies for Managing Sensory Overload
- Dealing with Sensory Meltdowns

### Week 3: Cognitive Mapping and Mindful Parenting

- How Cognitive Maps are Influenced and Formed
- Emotional Needs Framework
- Attachment Styles
- Mindful Parenting



### Week 4: Incorporating Elements of Mindfulness

- Creating Integrated and Harmonious Relationships
- Creating a Heartfelt Connection
- Living with Intention
- Paying Attention
- Attitude



### Week 5: Creating Emotional Connections, Seg 1

- Pause and Reflect
- Avoid Negative Responses
- Create Calm and Safety
- Develop Heartfelt Appreciation



### Week 6: Creating Emotional Connections, Seg 2

- Connect, then Redirect
- Collaborative Problem Solving
- Be with Them vs Do for Them

### Week 7: Proactive vs Reactive Parenting

- Proactive Parenting
- Motivation vs Capability
- True Motivation vs Temporary Motivation

### Week 8: Motivate the Unmotivated

- Create a Positive environment
- Creating Agreements with Your Child
- Create Clarity around Rules and Boundaries
- Create Self-awareness in Your Child



### Week 9: Striking a Balance

- Keeping Marriage Strong
- Especially for Single Parents
- Balancing Love and Attention to Siblings
- Family Activities and Traditions

### Week 10: Putting It All Together

- Boulders and Walls
- Avoiding Self-sabotage
- Setting Aside Time for Priorities

