

The NZ Super Nanny – 4-week Parent Support



WEEK 1 – UNITY / BELONGING	WEEK 2 - SYSTEMS	WEEK 3 – TEACHING SKILLS	WEEK 4 – RELATIONSHIPS AND SELF CARE
<p>Natures of children and meeting their highest needs</p> <p>Parents goals and Values</p>	<p>Household Organisation including;</p> <p>Mealtimes, Chores, Pocket Money, Sleep training.</p> <p>Schedules including;</p> <p>Routines, Tick charts, Together Time.</p>	<p>Responding to unwanted behaviours</p> <p>Dodging Darts</p> <p>Sibling Rivalry, Back Chat – Teens,</p> <p>Emotions -Tantrums and Meltdowns</p> <p>Grace and Courtesy Lessons</p> <p>The L.O.V.E Response</p> <p>Disciplining Techniques</p>	<p>Communication skills</p> <p>Respecting boundaries</p> <p>Harmony between family members</p> <p>Stress management</p>
ACTION PLAN	ACTION PLAN	ACTION PLAN	ACTION PLAN
<p>Set Family Rules and Expectations</p> <p>Create Family Meeting Agenda</p> <p>Have family meeting</p> <p>Meet the needs of each child</p> <p>Document challenging episodes</p>	<p>Set up Weekly Visual Schedule and other Charts</p> <p>Document challenging episodes</p>	<p>Role Modelling</p> <p>Putting plan into practice</p> <p>Document challenging episodes</p>	<p>New Family Structure</p> <p>Mums night off</p> <p>Monthly review and trouble shoot</p>
RESOURCES	RESOURCES	RESOURCES	RESOURCES
<p>Cheat Sheet</p> <p>Book -The Nature of Children</p>	<p>Handouts</p> <p>Charts / Schedules</p>	<p>Question Jar</p> <p>Affirmation Cards</p>	<p>Tear Pad</p> <p>Oils</p>