

HANDLING CHALLENGING BEHAVIORS BOOSTER PACK



Jump Start Your Transformation Today

Exclusive Curated Resources to Help You Get Rapid Results From Your AFineParent Training

WELCOME TO YOUR HANDLING CHALLENGING BEHAVIORS BOOSTER PACK

This is your companion guide for the training:

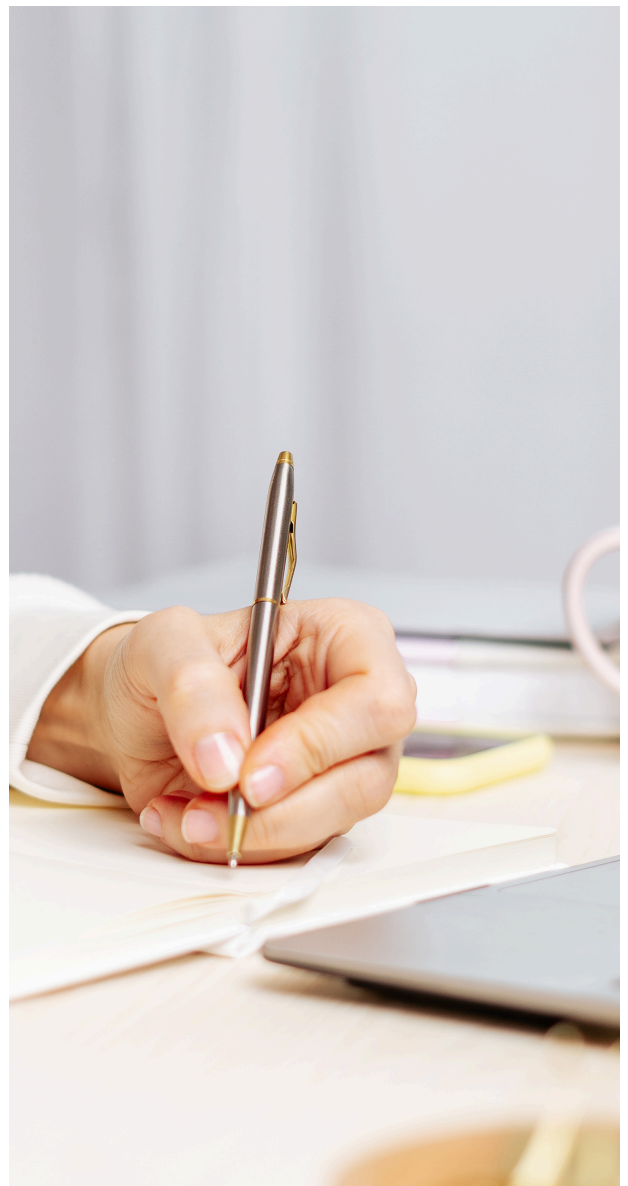
How to Handle Rudeness, Back Talk, and Other Triggering Behaviors from Your Kids

(Without getting into power struggles.
Or, constantly yelling and punishing.)

Together, the training and this booster pack will help you transform moments that currently cause unhappiness and drama in your family into opportunities for deeper connection with your child. You'll start to notice a difference in your family dynamics within days, as you shift from never-ending power struggles to calmer, lasting peace in your household.

In this companion guide, you will find:

- **Fillable notes templates** to capture key takeaways from the training.
- **Practical worksheets and reflection exercises** to apply the strategies to your family's unique needs.
- **Bonus resources and extended content** to expand the scope of your learning far beyond the training.
- **And so much more!**



HOW TO MAKE THE MOST OF THIS PACK:



DURING THE TRAINING:

Use the fill-in-the-blanks sections to actively engage, taking real-time notes that capture key insights and actionable steps.

SHORTLY AFTER THE TRAINING:

Complete the worksheets and reflection exercises to deepen your understanding and apply the strategies within the unique context of your family.



IN THE LONG-TERM:

You'll be fully prepared to confidently apply your new skills and strategies, bringing quick, lasting, positive change to your family.

After watching the training and using this booster pack, not only will you feel more confident and in control of how you handle tough parenting moments, but you'll also begin to notice a positive shift in your family dynamics—*less conflict and more cooperation*. These strategies will help you both in the short term and also lay the foundation for a stronger, more connected relationship with your child for years to come.

Let's get started!

SECTION 1

NOTES

This section is designed to help you capture key insights and personal reflections. Fill in your thoughts as much as possible *while watching the training*, ensuring they align with *your family's unique needs*. You can fill in what you missed later. Remember, the more you personalize the tools and strategies in this section, the better equipped you'll be to turn them into long-term habits that stick. This is your roadmap!



HINT: If you need to revisit any part of the training, the included timestamps at the top left corner of the page will make it easy to quickly find specific sections in the video and rewatch them for deeper understanding!

NOTES AND REFLECTIONS ON YOUR CURRENT EXPERIENCE AND CHALLENGES

1. How long have you been dealing with rudeness, backtalk, or oppositional behavior in your family? Rate it on a scale of 1 (relatively new) to 5 (this has been going on for a while).

A horizontal scale with five segments, each labeled with a number in a pink circle. Below each number is a checkbox. The scale is color-coded from light pink on the left to dark pink on the right.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relatively new				This has been going on for a while

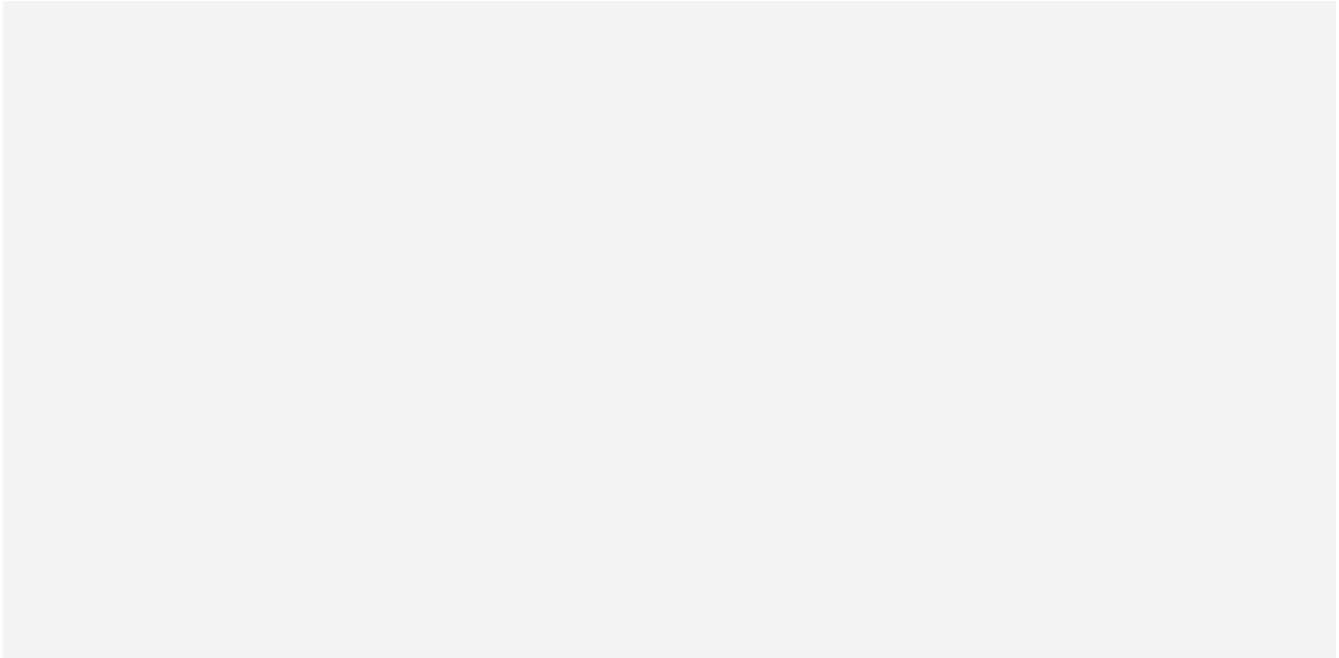
2. How do you feel about these behaviors? Add a check mark next to what resonates the most.

A diagram consisting of four concentric circles of increasing size and darker shade of pink. Each circle is labeled with an emotion, and a line connects the label to the circle. To the right of each circle is an example sentence.

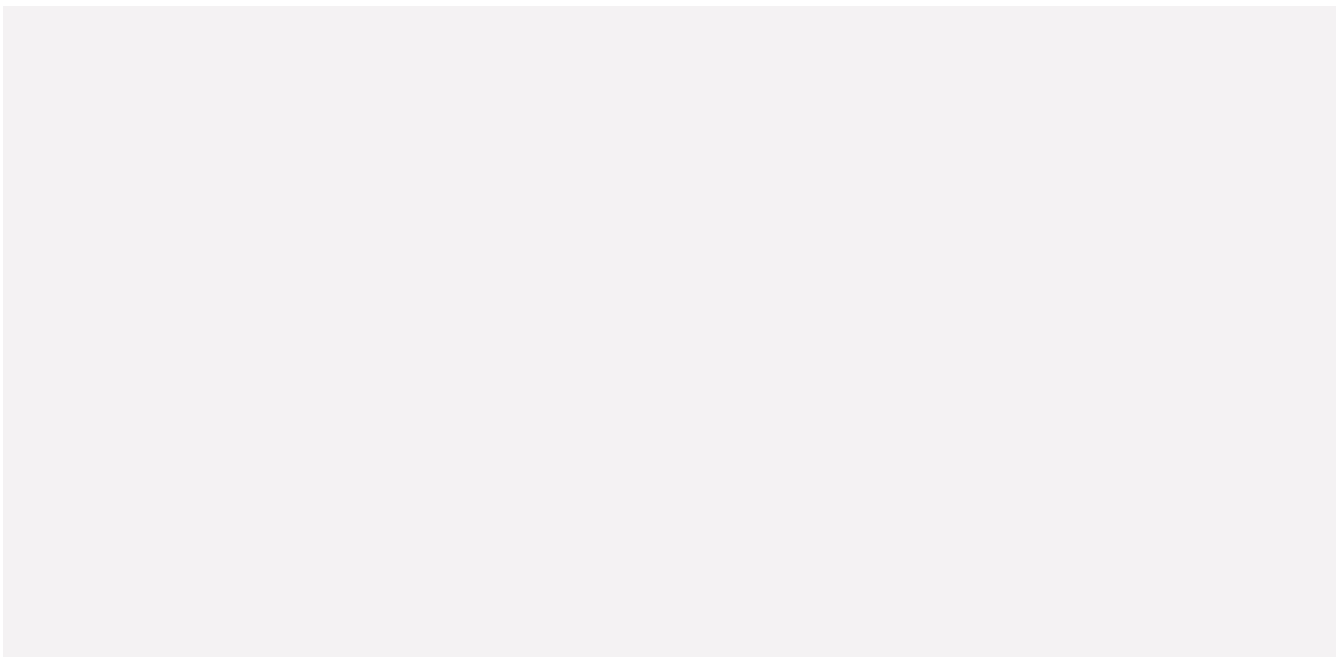
Emotion	Example
OVERWHELMED	Example: "This is too much for me to handle. I don't know what to do anymore."
STRESSED	Example: "This is seriously stressing me out. I'm barely holding it together."
FRUSTRATED	Example: "I'm fed up dealing with the same issues over and over, and I'm struggling to stay calm."
ANNOYED	Example: "This is really annoying, but I can deal with it."

NOTES AND REFLECTIONS ON YOUR CURRENT EXPERIENCE AND CHALLENGES

3. What worries you most about how these behaviors impact your family?



4. What are some of your thoughts when the tools and strategies you're currently using don't seem to work?

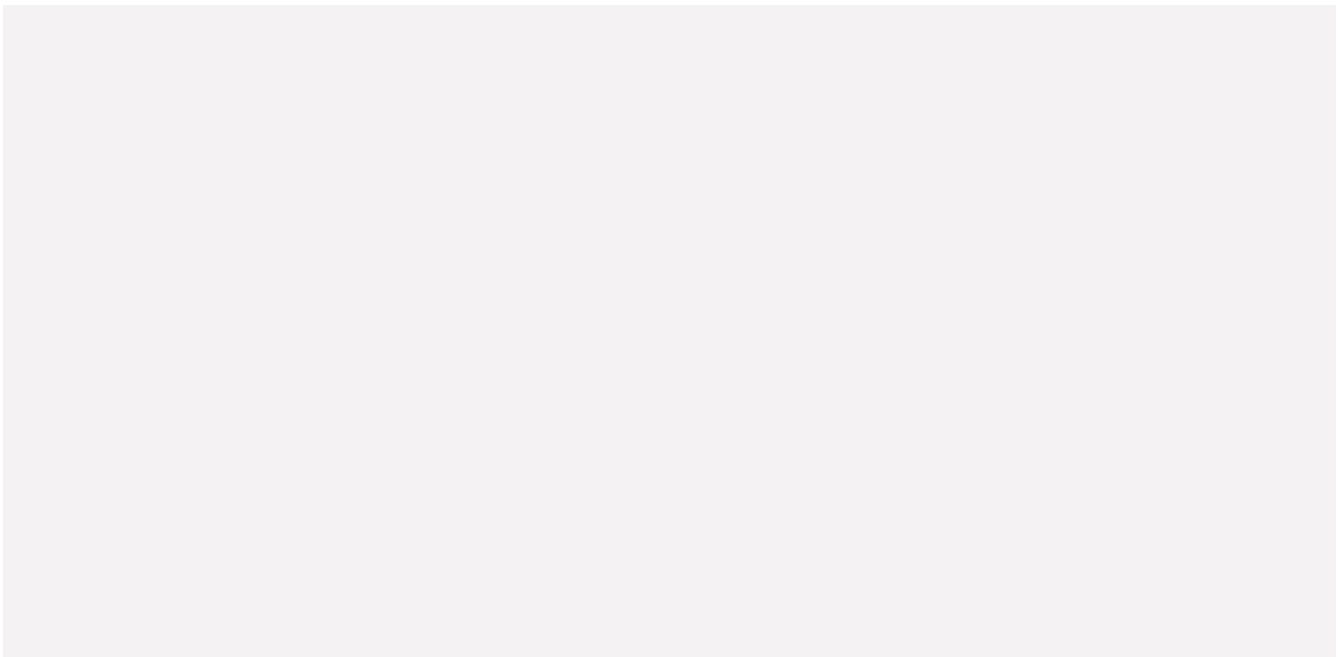


LEAVING GUILT BEHIND AND CREATING SPACE FOR LEARNING & GROWTH

1. When you hear "this is not your fault," how does it make you feel?



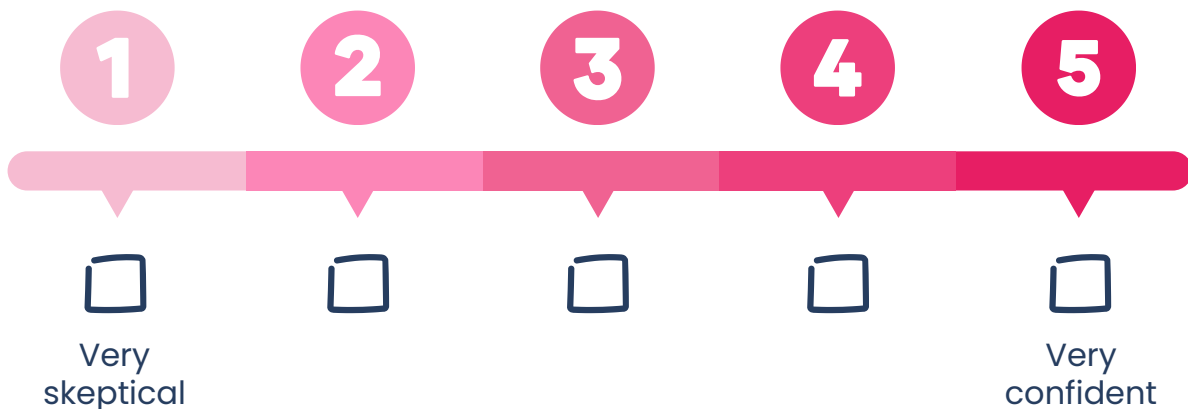
2. How does thinking of parenting as a skill that requires learning and practice shift your approach to behavior management?



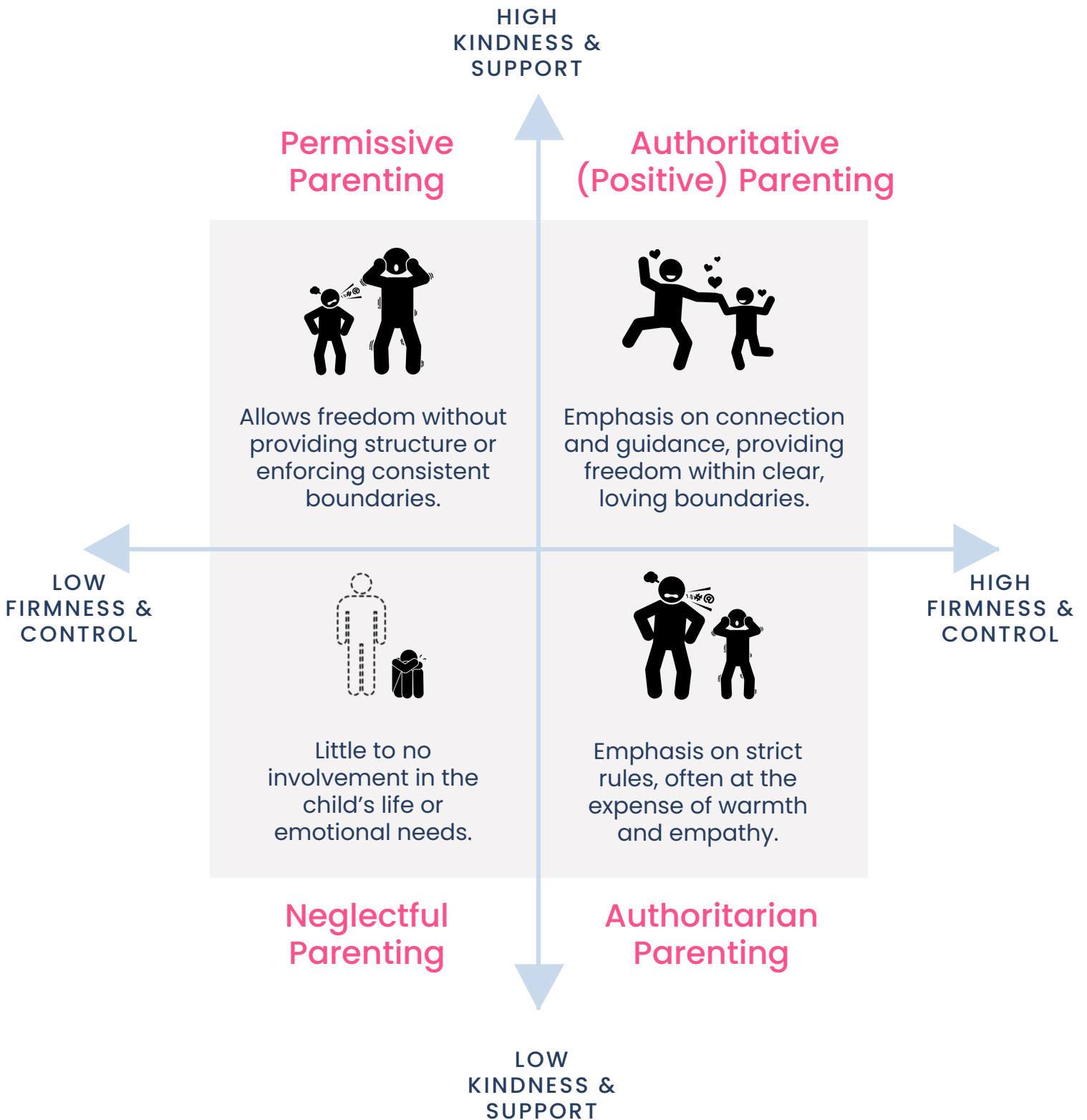
LEAVING GUILT BEHIND AND CREATING SPACE FOR LEARNING & GROWTH

3. What were your first thoughts when you realized that you can apply a learning mindset to how you handle challenging behaviors, so you can correct your kids without sacrificing your bond with them?

4. On a scale of 1 (very skeptical) to 5 (very confident), how hopeful are you that you can replace power struggles in your family with calm and connection by embracing a learning mindset?



THE 4 MAIN PARENTING STYLES



REFLECTIONS ON YOUR PARENTING STYLE

1. My parenting style most closely matches _____ parenting style because I often find myself responding to my child's misbehavior with:

2. I do this because I believe it will...

3. Typically, this results in my child feeling...

REFLECTIONS ON YOUR PARENTING STYLE

4. And they react by...

5. When my child reacts this way, I feel...



FOR EXAMPLE:

My parenting style most closely matches **Authoritarian** parenting style because I often find myself responding to my child's misbehavior with **strict rules and immediate consequences**. I do this because I believe it will **prevent future misbehavior**. Typically, this results in my child feeling **angry and resentful**. And they react by **complying but with a lot of attitude or by withdrawing**. When my child reacts this way, I feel **more triggered, or worried that I'm pushing them away**.

Positive Parenting is the ONLY parenting style where children are consistently happy, connected with their parents, and willingly cooperative. They grow up to be independent, resilient, successful, and well-adjusted adults.

(60+ years of research backs this!)



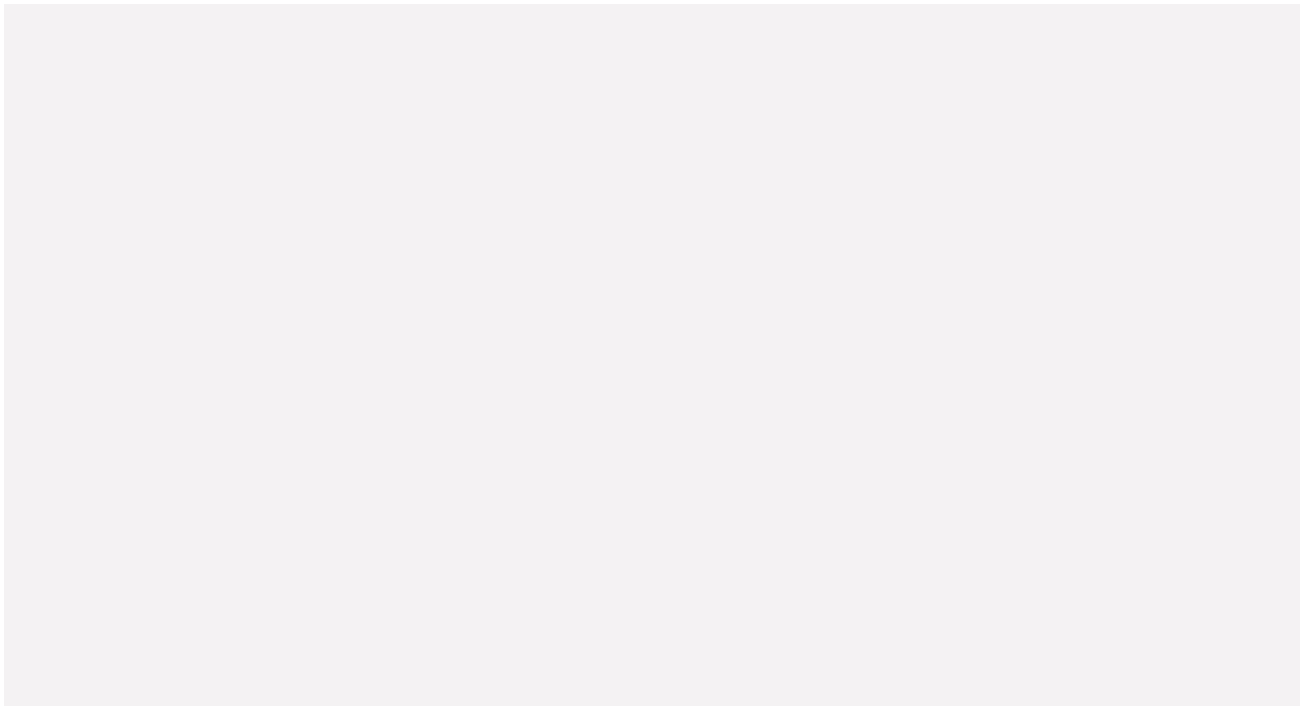
And the best part? Anyone can learn it, no matter what approach you currently use! It's never too late to transform your parenting style, and with it, your relationship with your child!

TOOL #1:

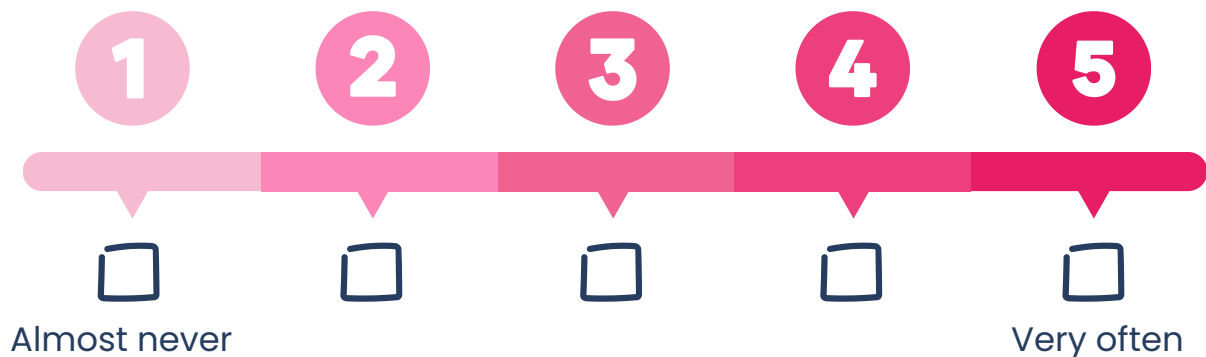
HOW TO KEEP YOURSELF FROM GOING INTO HULK MODE, OR IMPLODING INTO SELF-DOUBT, BY USING POWERFUL PARENTING MANTRAS

1. When I hear the word "mantra," my first thought is...

(It's alright if this is not a favorable thought. We want to acknowledge any limiting beliefs so we can work through them!)



2. Currently, here's how often I use mantras in my daily life:



TOOL #1:

HOW TO KEEP YOURSELF FROM GOING INTO HULK MODE, OR IMPLODING INTO SELF-DOUBT, BY USING POWERFUL PARENTING MANTRAS

3. The 3 personal mantra examples from the training are:

- 1. _____
- 2. _____
- 3. _____

4. Mantras that resonates with *me* the most are...



Remember to check Bonus #1 for 50 more mantra ideas!

5. I believe these mantras could be helpful to me because...

TOOL #1:

HOW TO KEEP YOURSELF FROM GOING INTO HULK MODE, OR IMPLoding INTO SELF-DOUBT, BY USING POWERFUL PARENTING MANTRAS

6. I will make an intentional effort to incorporate mantras into my parenting toolkit by:

- Creating a mantra wall
- Using mantra jewelry
- Incorporating into decor
- Including in my morning ritual
- Setting up a mantra jar
- Including in my bedtime routine
- Other: _____



TOOL #2:

HOW TO OPEN THE DOORS OF COMMUNICATION WITH KIDD COMMUNICATION

1. Normally, when I start talking to my kids about a situation, I tend to... *(Check all that apply)*

- Lecture
- Give too much advice
- Nag
- Jump to conclusions
- Ask too many questions
- Other: _____

2. Since this can escalate the situation instead of calming things down, I can switch to using KIDD communication. KIDD is an acronym that stands for...

K _____

I _____

D _____

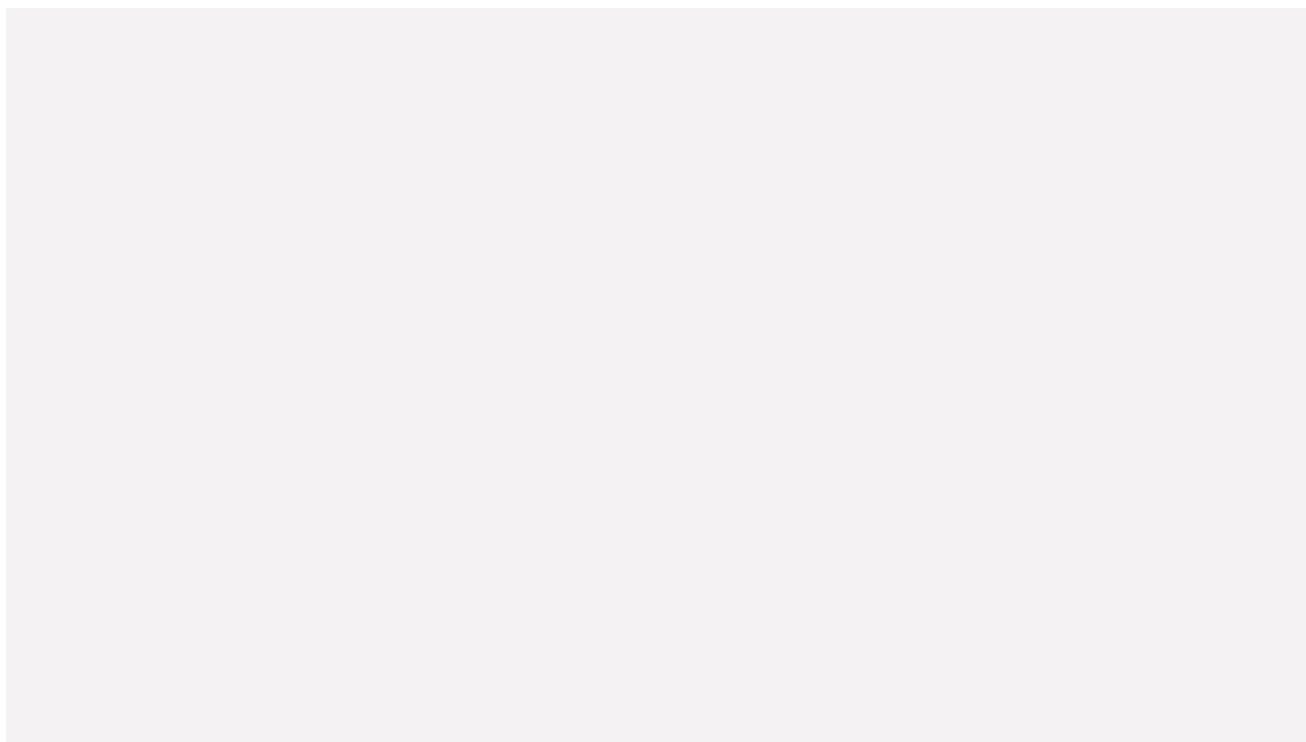
D _____

3. A recent situation where I could have applied KIDD communication was...

TOOL #2:

HOW TO OPEN THE DOORS OF COMMUNICATION WITH KIDD COMMUNICATION

4. Here's how I could modify the script shared in the training to handle this situation:



5. By keeping communication simple and direct, I can focus on:

rather than:

which could help with:

TOOL #2:

HOW TO OPEN THE DOORS OF COMMUNICATION WITH KIDD COMMUNICATION

6. I believe KIDD communication could be especially helpful with (child or children’s names):

because:



Check out Bonus #2 for more scripts for using the KIDD framework, so you’re prepared to navigate heated conversations with calm and clarity instead of escalating them!



TOOL #3:

HOW TO STOP PLAYING WHACK-A-MOLE AND RESOLVE ISSUES ONCE AND FOR ALL USING PROBLEM SOLVING

1. When my child and I face a recurring problem, I tend to...

(Check all that apply)

- Sweep it under the rug and hope it magically resolves itself
 - Argue endlessly, trying to prove I'm right (hoping they'll eventually agree with me)
 - Give in to keep the peace, even though I know it'll backfire later
 - Come up with the "perfect" solution I expect my child to follow, no questions allowed
 - Other: _____
-

2. The problem with these approaches is:

TOOL #3:

HOW TO STOP PLAYING WHACK-A-MOLE AND RESOLVE ISSUES ONCE AND FOR ALL USING PROBLEM SOLVING

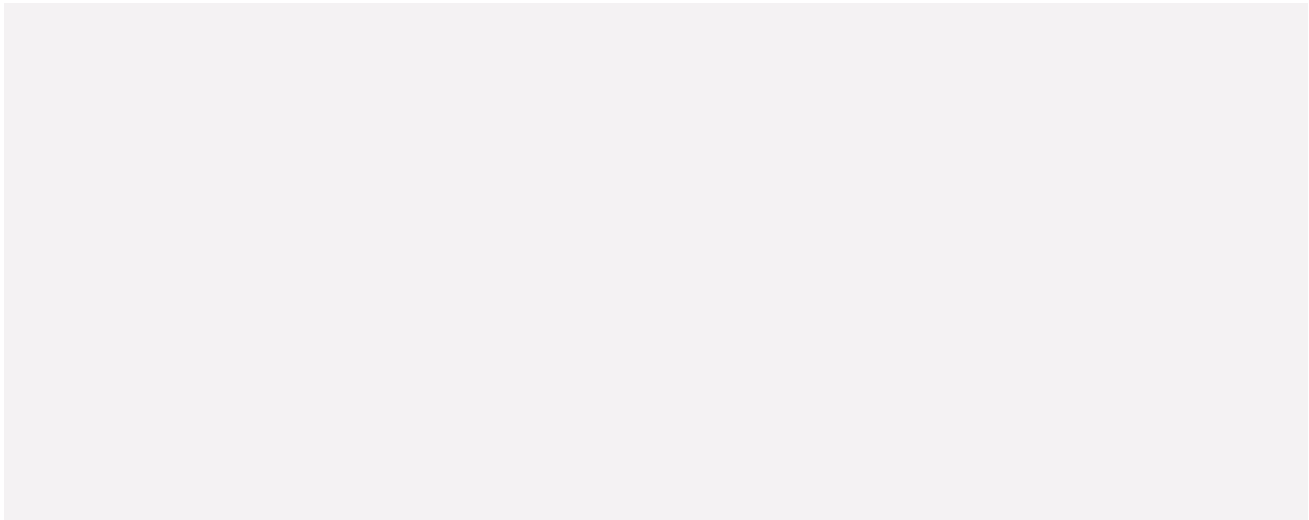
3. Collaborative problem-solving helps avoid these issues by working together with my child to find a solution. The key steps in the problem-solving process are:



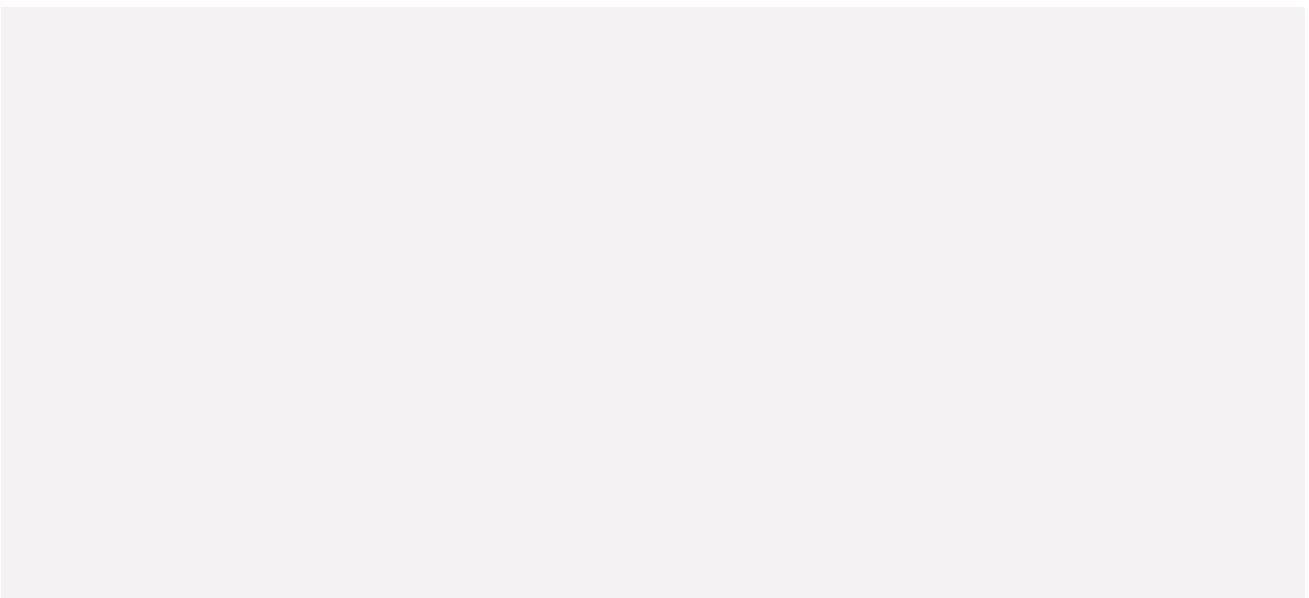
TOOL #3:

HOW TO STOP PLAYING WHACK-A-MOLE AND RESOLVE ISSUES ONCE AND FOR ALL USING PROBLEM SOLVING

4. A recent situation where I could have used collaborative problem-solving was...



5. Here's how I could use the problem-solving approach to handle this situation:



TOOL #3:

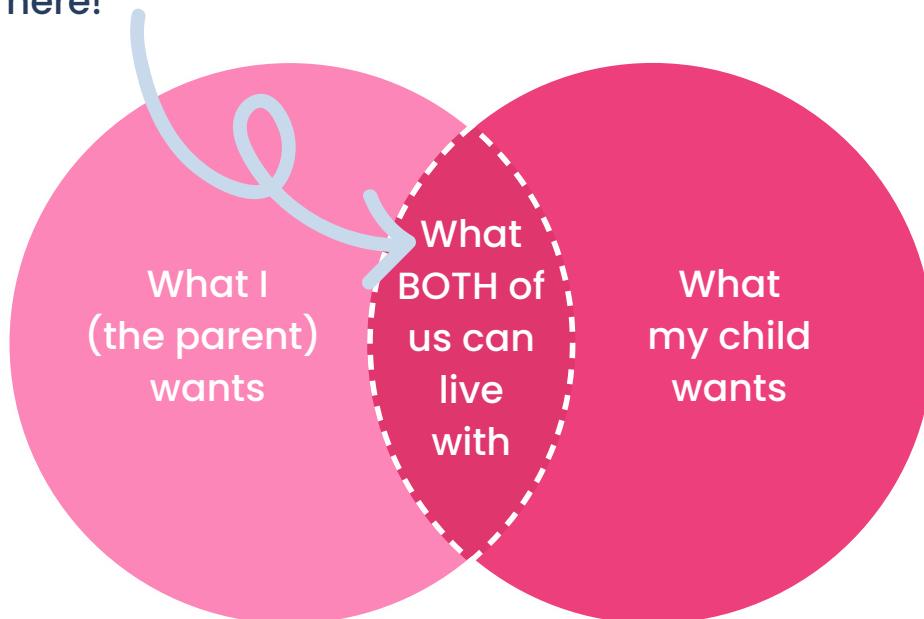
HOW TO STOP PLAYING WHACK-A-MOLE AND RESOLVE ISSUES ONCE AND FOR ALL USING PROBLEM SOLVING

6. By working together with my child to find a solution, I can focus on:

rather than:

which could help with:

7. The goal of a problem solving session is to figure out how to get here!



Check out Bonus #3 for a printable problem-solving template you can use with your child today!

REFLECTIONS ON YOUR PROGRESS

1. Before this training, my ability to handle rudeness, back talk, and other triggering behaviors was...

1 2 3 4 5

Completely overwhelmed;
Unable to deal with it

Completely confident;
Know exactly how to handle it

2. After this training, my ability is...

1 2 3 4 5

Completely overwhelmed;
Unable to deal with it

Completely confident;
Know exactly how to handle it

3. My biggest takeaway from the training is...

NEXT STEPS

1. Getting access to 43 proven tools and ongoing support by investing in the Complete Positive Parenting Transformation (CPPT) Program can help me go from this to this in the following areas in *my* family...



A large, empty light gray rectangular box, likely intended for a user to write their response to the first question.

2. The biggest long-term benefit for my family in building a peaceful and cooperative relationship with my kids with the help of CPPT is...

A large, empty light gray rectangular box, likely intended for a user to write their response to the second question.

NEXT STEPS

4. Am I ready to invest in the CPPT program at this time?

Yes

No

5. If yes, with the help of CPPT, I will solve the biggest issues in our family by first diving into:

- Behavior guidance strategies & tools
- Connection strategies & tools
- Conflict resolution strategies & tools
- Self-regulation strategies & tools
- Communication strategies & tools
- Worry, anxiety, and stress management strategies & tools
- One of the 100+ bonus masterclasses or premium workshops
- The bonus live coaching calls with experts!

6. If not, here are 3 things I will do on my own to keep the momentum going on the transformation journey I've started today:

This completes our journey together... for now!



If you join us inside CPPT, we can't wait to help you take everything you've learned today to a whole new level and tackle challenges beyond what we've covered in this training. We'll help you transform moments of frustration into opportunities for growth, and we'll always be here for you as your kids grow up and present new challenges. Let's transform your family into a peaceful haven and create an environment where your kids can develop to their fullest potential.

Good luck!



Don't forget to use your bonuses on the next pages to keep building upon the progress you've made!

The background features a light-colored, textured surface, possibly a white cloth, with several dried, light-colored flowers and stems scattered across it. A large, solid blue rectangle is centered on the page, serving as a backdrop for the text.

SECTION 2

Personal Parenting Mantras Activity

LIST OF 50 PERSONAL PARENTING MANTRAS TO CHOOSE FROM

Here are 50 mantras for you to choose from. Cut out a few that resonate the most with you, glue them to the poster on the next page and post it where you can see them often!



Think beyond just the family bulletin board! Our community members have found it helpful to post these inside the door of their pantry closet, on the wall next to the bathroom mirror or next to the exercise machine! What's that one spot you are guaranteed to see where you can post this collage for a few days until the mantras become a part of your inner voice?



I can handle this.



*My child is struggling,
not giving me a hard time.*

*I choose connection
over control.* 



Pause. Breathe. Respond.



*I'm here to
guide, not to
control.*



*I can reset at
any time.*

This too shall pass. 



*Connection before
correction.*

I will respond, not react.



This is a learning moment.

*A little silliness
goes a long way.* 



I am enough.

*This is just a moment,
not a measure of my
parenting.*

**Progress, not
perfection.**



*Everything is Figureoutable
(Thank you Marie Forleo for this one!)*

**I am building a strong
foundation for my child's
future.**



**I am growing right
alongside my child.**

**I can do this, one
step at a time.**



Stay curious, not furious.

**I make a difference, even
when it doesn't show.**



**My calm creates my
child's calm.**



**It's okay to not have
all the answers.**



**I can model calm in
the face of chaos.**



I am the calm in their storm.



I'm teaching my child how to handle emotions.



Breathe in calm, breathe out frustration.



What I'm doing today will create lasting change.



We grow through what we go through.

I'm building trust, one moment at a time.



Mistakes are part of learning, for both of us.



I have the power to change this situation.



Every small effort counts.



Every challenge is an opportunity to learn (AND teach!)



I trust my child to figure this out.



I am strong, calm, and capable.



Small steps lead to big progress.



Choose connection, not conflict.

Consistency builds trust.



Every day is a chance
to start fresh.



I can guide without controlling.



Challenges are
opportunities in disguise.



Parenting is a journey,
not a race.



I'm capable of
finding solutions.



I can choose calm, even in chaos.

I'm learning as much
from my child as they are
from me.



I'm present and patient
in this moment.

I lead with play,
not pressure.

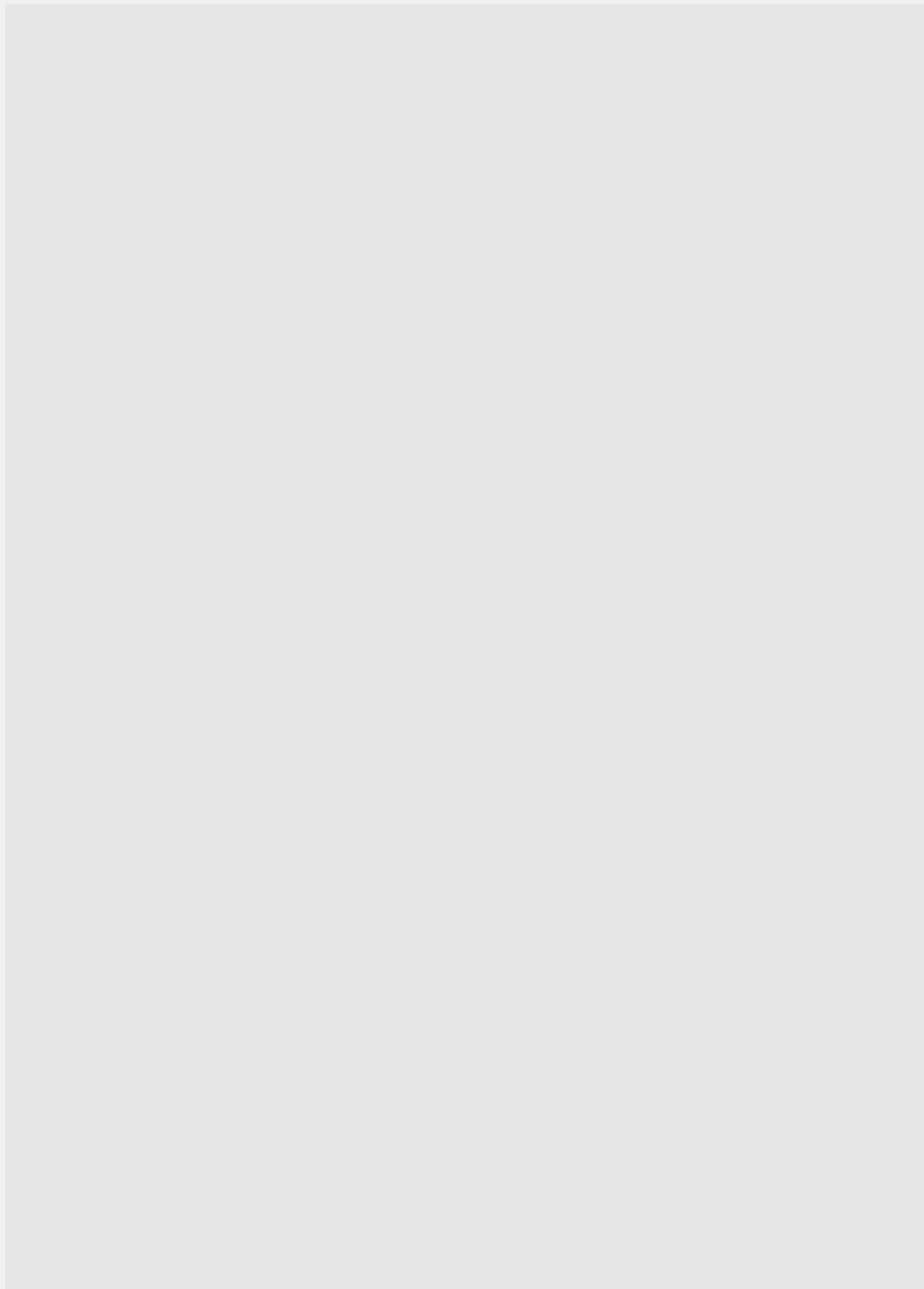


I can turn this around
with a deep breath.



I have the strength
to navigate this.

I lead with love and patience.



The background of the page is a soft-focus photograph. At the top center, there is a white ceramic cup filled with a light brown beverage, likely coffee. To the left, a spiral-bound notebook with a cream-colored cover is visible, with a small green plant sprig resting on its pages. The bottom of the image shows a textured, light-colored fabric, possibly a sweater or blanket. The overall aesthetic is warm and cozy.

SECTION 3

KIDD

Communication
Example Scripts

Here are 10 more example scripts using KIDD Communication to help de-escalate tricky situations. Use these as a starting point, and customize them to fit your family's unique needs.



Remember, the goal is to say as little as possible to just give information or describe what needs to be done, and resist the urge to lecture or negotiate.

1

Morning Rush

"We're running late. Shoes and bag, let's go! We can talk in the car."

2

Bedtime Battles

"As we agreed before, it's 2 books and then lights out. Good night sweetie. I love you!"



3

Screen Time Refusal

"It's time to turn off screens now. We can do a problem-solving session after dinner if you'd like to revisit the screen rules."

4

Homework Time

"It's time to start homework. Need any help?"



5

Sibling Argument

"Wow, it's getting very loud here. Kind words and turns, guys!"

6

Crossing the Street Safely

Simply extend your hand until they hold it! Some situations don't need any words!

7

Chore Time

"Chores first, screens later. We can do a problem-solving session after dinner if you'd like to revisit the chore rules."

8

Rude Outburst

"Whoa! We use kind words in this family. Rewind, reset and start over."

9

Ignoring Requests

"I love you too much to keep nagging you. Here, let me help you turn off the TV."

10

Leaving a Friend's House

"It's time to go. We'll come again another time."



SECTION 4

Problem-Solving Template

Print a copy of this template each time you want to use problem solving with your child. Use the back side for additional brainstorming space. Once done, post in a prominent spot that everyone can see and be reminded of your agreement!

OUR FAMILY PROBLEM SOLVING SHEET

The problem we need to solve:

All the possible solutions we can think of (use back side if needed):

Top 3 solutions that work for all of us:

1. _____
2. _____
3. _____

The solution that we will try for the next _____ days:



Next check in date: _____

Agreed by:

SECTION 5

Accountability Trackers

Tracking helps you recognize patterns and measure progress over time. Here are 3 different tracking templates for you to try. Pick the option that most resonates with you and run with it!

OPTION #1: BEHAVIOR TRACKER

MY CHILD'S BEHAVIOR	MY RESPONSE	TOOL USED	RESULT

OPTION #1: BEHAVIOR TRACKER

MY CHILD'S BEHAVIOR	MY RESPONSE	TOOL USED	RESULT

REFLECTION:

The most effective tool(s) for our family is/are _____

This seems to work so well because _____

Next, I will focus on _____

OPTION #2: 30-DAY CHALLENGE

THE CHALLENGE:

Use positive parenting tools for 30 days to handle (and prevent!) rudeness, back talk, and triggering behaviors. Add a check mark or a sticker below for each day that you use a positive parenting tool instead of yelling or punishing!

START DATE: _____

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

NOTES:

OPTION #3: #LITTLEVICTORIES TRACKER

Celebrate the small victories that add up to big transformations!

Use this tracker to capture moments when you or your child make positive choices, show growth, or practice patience. These little wins help create lasting change in your family's dynamic over time.

Fill in the circles below with your #LittleVictories!



SECTION 6

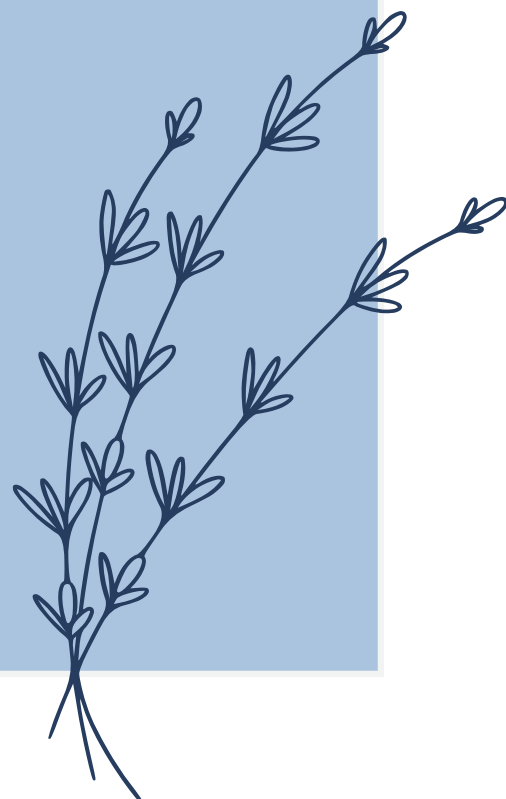
Motivational Posters

Sometimes we all need a little extra motivation!
Here are 6 inspiring posters with quotes from our
masterclasses to help you stay on the positive
parenting path as you tackle your kids' challenging
behaviors and transform your family.

WHEN OUR
CHILDREN ARE
AT THEIR *worst,*
THAT'S WHEN
THEY NEED US
THE *most.*

Dr. Tina Payne-Bryson

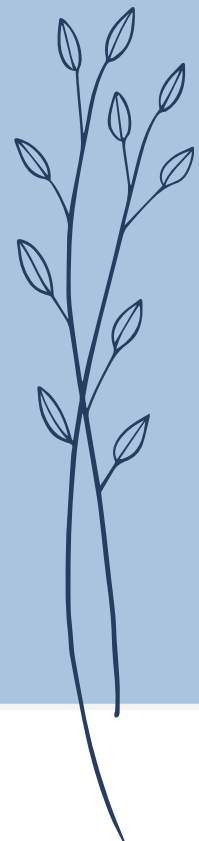
THE YES BRAIN MASTERCLASS



JUST BECAUSE
YOUR CHILD CAN
WALK AND TALK
doesn't mean
THEY CAN
CONTROL THEIR
EMOTIONS OR
THEIR BEHAVIORS.

Dr. Mona Delahooke

UNDERSTANDING BEHAVIORS MASTERCLASS



A MELTDOWN IS
JUST AN
INDICATION THAT
YOUR CHILD DOES
NOT YET HAVE THE
SKILLS TO
MANAGE THEIR
big feelings.

Amy McCready

ME, ME, ME EPIDEMIC MASTERCLASS



BEFORE YOU
correct
THEM,
YOU NEED TO
connect
WITH THEM.

Dr. Laura Markham

PEACEFUL PARENTING MASTERCLASS



OUR JOB
IS TO PUT
OURSELVES
OUT OF A JOB
AND RAISE OUR
KIDS TO BE
independent.

Julie Lythcott-Haims

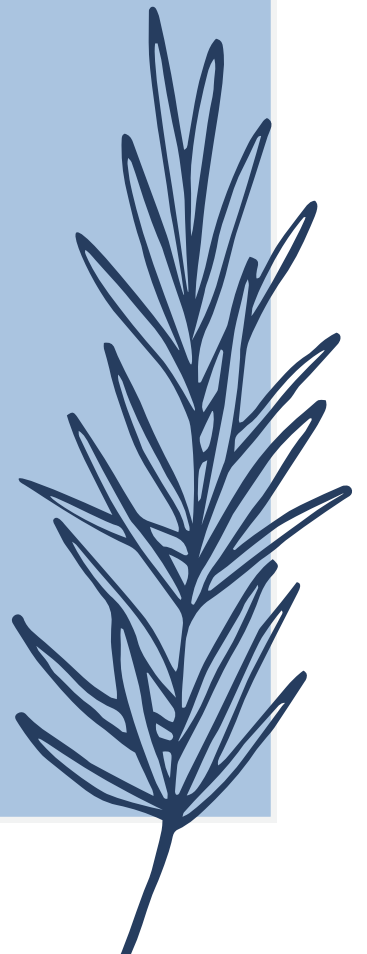
FOSTERING INDEPENDENCE MASTERCLASS



SOMETIMES
ALL A CHILD
NEEDS IS
SOMEBODY
THERE JUST
hearing them.

Joanna Faber & Julie King

PARENTING 2-7 YEAR OLDS MASTERCLASS





CONGRATULATIONS! YOU DID IT!

You've taken a huge step forward, and your Positive Parenting journey has truly begun! Keep building on the strategies and tools you've learned here to transform your relationship with your child so you can create a home filled with peaceful cooperation, joyful moments and deeper connections that last a lifetime!

To dive deeper and get the support you need as you continue this journey, be sure to watch the full training before your free pass expires, and consider joining **The Complete Positive Parenting Transformation (CPPT) Program** for lifetime access to 43 positive parenting tools and support for every stage of your parenting journey.

Your hard work is making a generational difference!
Keep at it!