



WORKBOOK

with
Helena Mooney

Welcome!

I am so thrilled you're here because I know just how hard parenting can be, how frustrating it is to have a child who's not doing simple things in an easy manner, how exhausting is it to not get enough sleep and how easy it is to blame ourselves.

I also know that what I'm sharing inside this program works.

By following the steps I invite you to follow, you are going to create a solid foundation with your child from which they can go out into the world and navigate life's inevitable challenges, big and small.

You are going to have more fun, ease and sleep together as a family.

You are going to feel more confident as a Mum.

It's not always going to be "perfect" because perfection doesn't exist. But it's going to be better. Much better.

So please, take notes in this workbook and dive into the opportunities to reflect. The more you put into this program, the more you will get out of it. Taking the time to dive in to your own emotions and needs will absolutely help you to support your child with theirs.

Ask whatever questions you have. Reach out for support, especially if you're having a hard time. I'm here to support you to help make bedtimes, behaviours and family life in general, better.

Helena x

ABOUT ME

I'm a Certified Aware Parenting Instructor and Hand in Hand Parenting Instructor who's been working with families for over 13 years.

I'm also mum to a 15 year old daughter and 9 year old son and, along with my husband and dog, live in Wiltshire in England after 20+ years in Sydney, Australia.



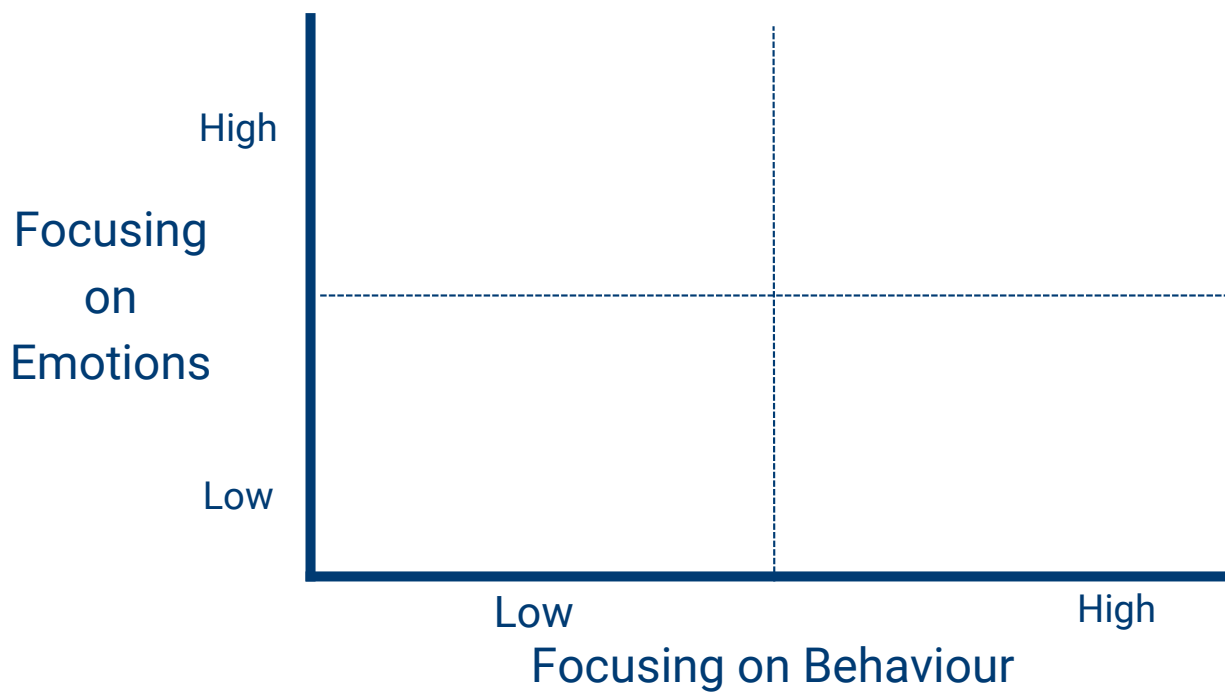


Module 1

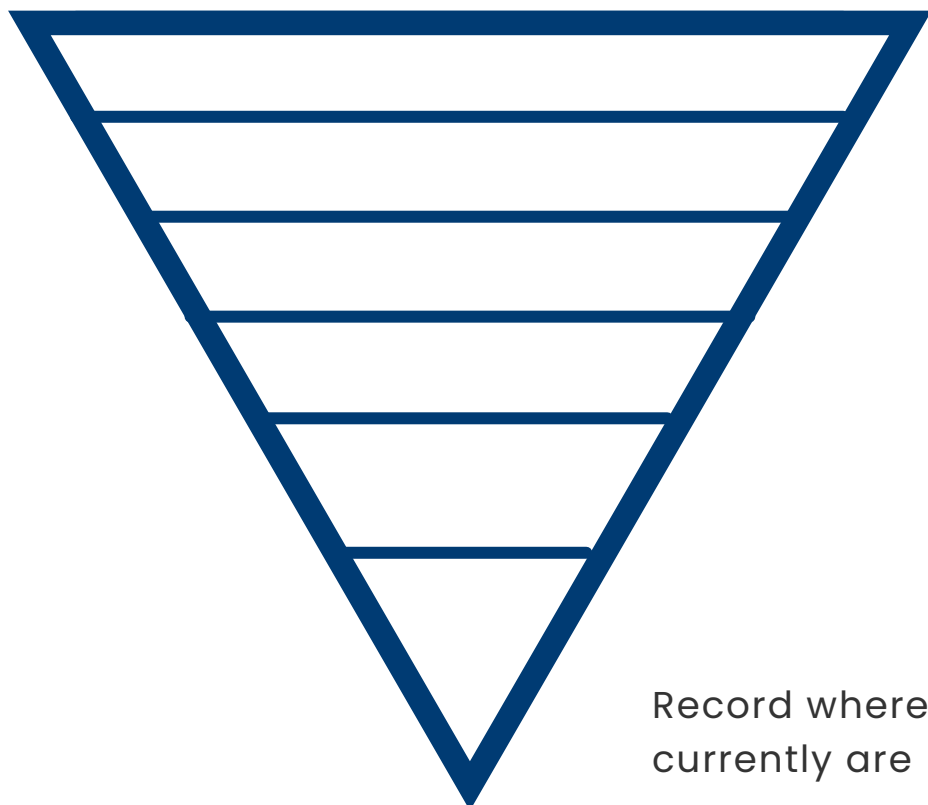
PURPOSE

MODULE 1.1

The Focus Conflict



Stages of Motherhood



Record where you currently are

MY INTENTION

I AM

"It is now [6 weeks from today] and I am so grateful that I have...

I love:

I feel:

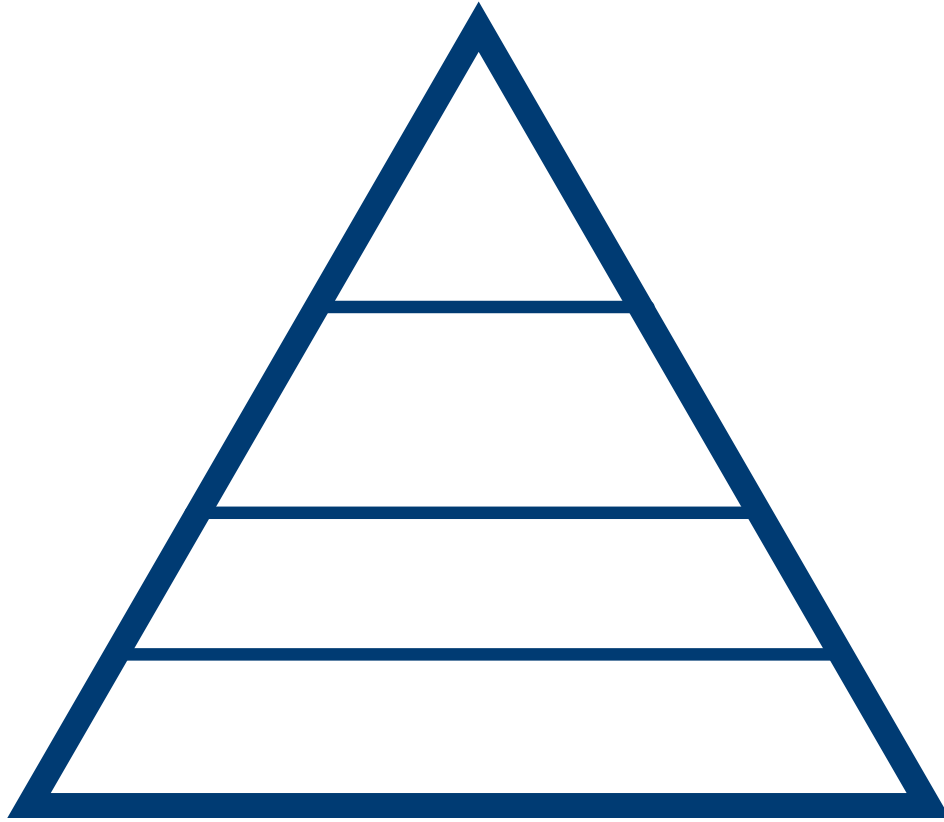
MODULE 1.2

MY INTENTION

A picture to represent my desired outcome for the coming 6 weeks

MODULE 1.3

WHAT AFFECTS MY CHILD'S BEHAVIOUR



My child is

What is frustrating me the most right now

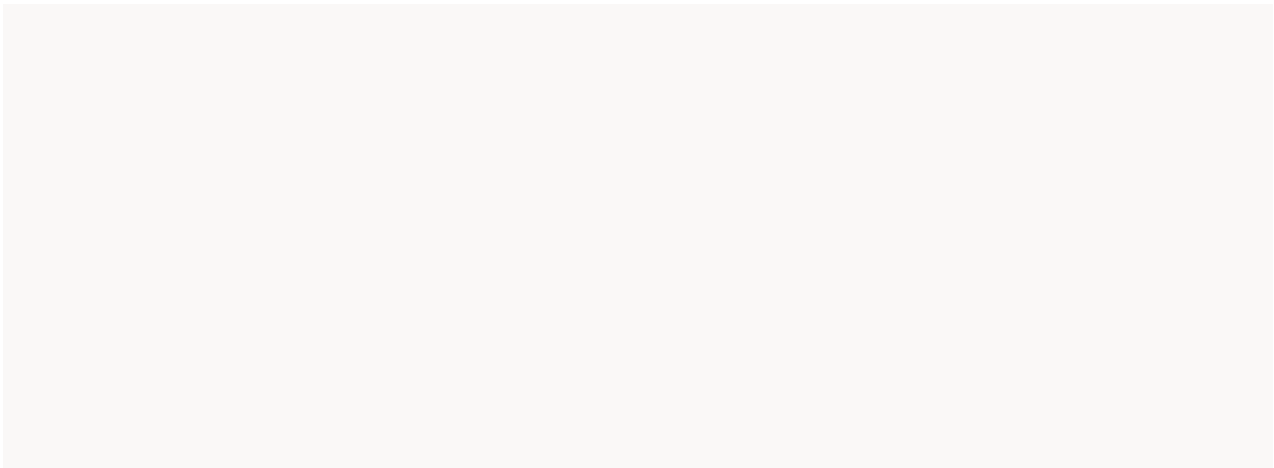
MODULE 1.3

MY CHILD'S BEHAVIOUR

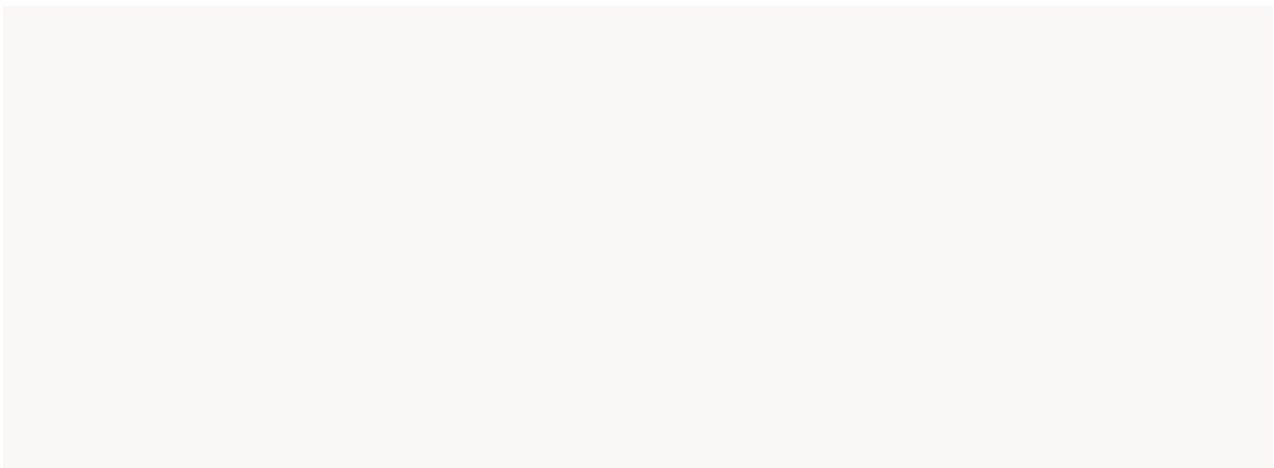
The reasons I think that are behind their behaviour



How I feel about it & what I tell myself about it (honestly!)



How I usually respond



WHAT MY CHILD NEEDS

Whatever the problem, the answer is always:

The best question I can ask myself when I don't know what to do:

What I enjoy doing with my child

This week I plan on doing this to have fun with my child

WHEN MY CHILD HAS UPSET FEELINGS



WHEN MY CHILD HAS THEIR NEEDS MET



When my child's behaviour goes "off track", it's just a sign that they need:

MODULE 1.5

WHEN MY CHILD HAS UPSET FEELINGS

Helping my child with their emotions, is

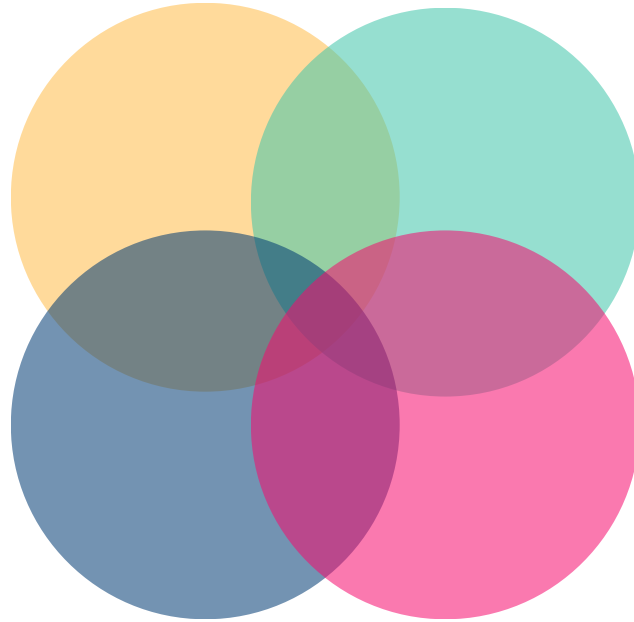
WAYS TO RELEASE UPSET EMOTONS



What I did when I was upset as a child

WHY PARENTING GETS HARD

FACTORS THAT IMPACT MY PARENTING



Beliefs are your lens through which you view the world.
They become your paradigm.

What beliefs are affecting how I view my child's needs and behaviour?

A large, empty, light grey rectangular box intended for writing answers to the question above.

MODULE 1

AHA MOMENTS AND THOUGHTS

