

Shout Less, Connect More with 3 Simple Games



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Hi, I'm Helena

When I had my first baby, I thought that if I was respectful, gentle and focused on our attachment, everything would be easy.

But when she didn't sleep well, was having tantrums before she was one and wasn't listening to my reasonable limits, I knew something was missing.

Parenting wasn't fun. I was exhausted, touched out, more irritable than I thought possible and felt like a failure.

I knew what I didn't want to do – I didn't want to use Time Out or punishments. But I had no clue what to do instead.

Through searching for solutions and reaching out for support, our lives changed.

I understood her emotional needs more, she started sleeping better and was happier during the day. I learned how to set limits and knew what to do when she cried and had tantrums. I also discovered the amazing power of play!



I became a Parenting Coach and now I love helping parents with their children's emotions and behaviours so that they, too, can help their children thrive, build strongly connected families and have FUN together!

Enjoy these simple, fun games!

- Helena Mooney



Parenting doesn't always have to be serious

But Parenting Can Be Hard

It can often feel overwhelming, can't it, when your kids are being annoying, difficult, whiney or aggressive?

At times like these, it's tempting to use increasingly harsh punishments to get our kids to 'behave'. You find yourself reverting back to the ways you were disciplined, especially when you hear yourself sounding EXACTLY like your mum when she was angry – something you probably vowed you'd never do!

These methods often lead to more problems, such as increased defiance, anxiety & worsening behaviour. Most importantly they lead to a break in connection.

Connection is the 'Super Protective Factor' for your child as they move towards the teenage years. It's a vital anchor as they navigate the world.

So how can you foster this connection, whilst also addressing the issues & challenging behaviours?

PLAY is the key!

Play:

- transforms challenging situations
- builds your child's confidence & resilience
- reconnects you with your child
- releases stress
- is so much FUN
- can be done in as little as 10 mins!



“It has truly made my parenting style fun, easier to tackle behaviours and I'm more relaxed and enjoying it rather than being up tight, angry and resentful.” (Amelia, Australia)

Don't be Fooled by their Simplicity

These games are really simple, really easy and HIGHLY effective.

They all help your child feel strong, fast, powerful and in control – the perfect antidote to all of those many, many times when they don't.

When our children feel powerless, they lash out, become uncooperative & 'annoying'. Or they give up & stay stuck in fear.

Laughter is a fantastic way to release stress, so the more they laugh, the more stress they're releasing, and the less likely they are to be 'annoying'.



Follow your child's lead. Be strong or fast enough to give them a challenge, but ultimately let them be more capable than you.

These games are great for YOU too!

They'll reconnect you to your playfulness (which is often buried under responsibilities) and will help you to feel more connected with your child which, in turn, reduces your chances of shouting & getting annoyed at them.

Be silly. Have fun. No one else is watching you. Your kids will LOVE them & you'll notice the difference in their behaviour & how you respond.

Let's dive in...!

1. Cranky Mummy



How To Play

Option #1

You playfully pretend to be cranky at things that have previously annoyed you. Your children will delight in taunting you whilst you bluster around incompetently chasing them being silly & cross.

Option #2

Get cranky about completely random, benign things that your child does. e.g. sitting & eating their dinner, putting their clothes on correctly. The sillier the better.

Benefits / Uses

They're perfect to repair those times when you've been genuinely cranky & shouty. They allow for your children to be the more capable ones in situations where they've previously felt scared & overwhelmed.

These games take the charge out of the words you've used & ways you've behaved. And it's also healing for you to laugh at those times when you've been frustrated & cross by things your children have done.

“I no longer feel like I’m a failing parent. The connection with my daughter is now built on fun shared experiences and I feel more confident with setting boundaries.” (Katka, Australia)

2. Pillow Fight



How To Play

I'm sure you've already done this, so now you know it's actually great parenting!

It's helpful to set rules in advance such as not hitting heads, not trying to actually hurt each other, stopping when asked, the physical boundaries of the game (e.g. just on the bed)

Find some smaller pillows for younger children. Or you could use soft toys (just be sure they don't have hard eyes or beads in legs)



Benefits / Uses

Perfect for when your child becomes aggressive, is feeling frustrated or anxious, or to dissipate sibling rivalry – get them to gang up on you!

It's also a fantastic way for girls to stay in touch with their physical strength and for boys to playfully work on powerlessness & aggression.

Another great game to release stress after school or before bed.

“I'm much more emotionally connected with my daughter and my son has also turned a corner. We're having a lot more fun, more play, more laughing and it's much easier to get him off the screen.” (Cassandra, Australia)

3. Underpants Game



How To Play

Throw underpants (clean ones!) at each other.

You could ping them like using a catapult, or just throw them across the room at your child as they try to dodge them and throw them back at you.

When your child gets you with their undies, be playfully dramatic in your “Argh, you got me!!!”

Be useless in getting them and keep on missing.

Benefits / Uses

This game is perfect if your child is struggling to get ready in the morning for day care, nursery, preschool or school.

Often their refusal to get dressed comes from a deeper fear, usually around separating from you.

This game helps your child feel strongly connected with you, releases their stress through laughter, and helps them feel capable again when they ‘get’ you.

Play this for 5-10 mins in the morning and you’ll see how much easier the rest of the day goes.



“We saw results instantly. Play literally changed our lives!” (Sara, Australia)

“After just a few sessions of play and starting mornings with some of the games and generally more playfulness, the results were amazing. We started seeing changes in behaviour within a week!” (Valeska)

Have the relationship you've always wanted



Annoying to
AMAZING!

These three games are a wonderful place to start and you should notice a difference straight away – a little more laughter, a bit more ease, maybe even a moment where you think "oh, that actually worked!"

Play is incredibly powerful.

But there are going to be times when it isn't enough. When they're crying, refusing to do simple things, lashing out – and no game is going to work.

What I've discovered with my own kids and 15 years of working with families, is that those big emotional moments are actually the most important ones. Because when your child falls apart, they're not being deliberately difficult, they're overwhelmed, can't cope and need your help.

Learning how to stay close in those moments, how to set limits in an empathic yet effective way, and how to help your child with the feelings underneath the behaviour – that's what transforms everything.

Which is the reason why I created Annoying to AMAZING!

This is where you'll find real strategies for real moments – aggression, anxiety, picky eating, sibling fighting – with actual footage of me using many of these tools with my own children, so you can see exactly what it looks and feels like in practice.

So if you're ready to transform those difficult moments, I'd love to see you inside.

And if bedtime is your hardest time of day, [Better Bedtimes](#) shows you how to help your child sleep much, much better, without leaving them to cry alone.

"Helena literally changed my life with my son."

I started working with her when he was about 3. He's now 14.

I can't thank her enough for a connected, awesome relationship with my son and a much more relaxed me." Gemma

Yes – I want this!