



## How To Get More Cooperation and Be Less Stressed Boogaloo Academy

Presents: **Suzanne Ferera**

### Introduction to "Calmer, Easier, Happier Parenting" *Practical parenting strategies for everyday challenges*

This excellent Seminar is not to be missed!

To Register: Call 604 805-0558 or

Email [conact@boogalooacademy.com](mailto:conact@boogalooacademy.com)

Date: **Thursday, September 28<sup>th</sup>, 2017**

Time: **7PM**

Location: **#101-8410 Ontario St.**

At Suzanne's seminar you'll discover more effective ways to gain cooperation from your children without reminding, repeating and nagging. You will learn techniques that you can use immediately to help your children become more cooperative, confident and self-reliant. Suzanne will introduce 5 foundation strategies, which teach positive parenting to help your child prosper at home and in school. The 5 foundation strategies are:

1. Descriptive Praise, the most powerful motivator and training tool that helps children and teens want to cooperate.
2. Reflective Listening, the best way to reduce whining, anger and frustration.
3. Preparing for Success, simple strategies that prevent behaviour problems.
4. Never Ask Twice, six simple steps to get cooperation the first time every time,
5. Rewards and Consequences That work, following through to maximize cooperation

Suzanne is an Occupational Therapist, Family Counsellor and Certified Calmer, Easier, Happier Parenting Practitioner. She has over 25 years of experience and is a mother of three children.

The Calmer, Easier, Happier Parenting approach was created by Noel Janis-Norton who is an internationally renowned learning and behavioural specialist.

#### **Learn to Deal More Effectively With Typical Family Issues**

Morning Routines  
Bedtimes  
Mealtimes  
TV & Computers

Sibling Rivalry  
Parent-Child Conflicts  
Homework  
Chores