

# YCDI! Positive Parent Program

The YCDI! Positive Parent Online Program is built on over 30 years of work with parents. Based on the latest research from the field of positive psychology and positive parenting education and on the first-hand knowledge and experience that Michael and Patricia Bernard have gained from raising their two children, now young adults.

## YCDI! Positive Parent Program for parents of children ages 6 - 12

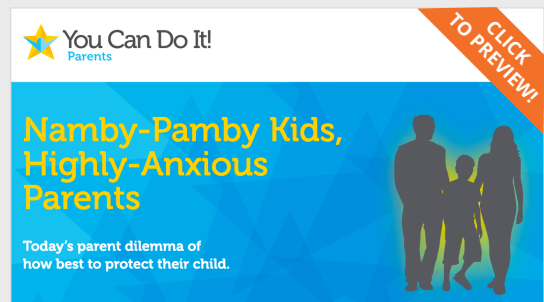
Samples

### The Power of Parent Self-talk



<https://edu.youcandoiteducation.com.au/course/view.php?id=81&section=2>

### Namby-pamby kids, highly-anxious parents File



[https://youcandoiteducation.com.au/wp-content/uploads/2019/07/TBG15339-YCDI\\_15\\_Namby-Pamby-Web.pdf](https://youcandoiteducation.com.au/wp-content/uploads/2019/07/TBG15339-YCDI_15_Namby-Pamby-Web.pdf)

## Parent - Elearning Programs Short and informative programs on positive and effective parenting.

### Stress relief for parents

Powerful technique for managing stress used by thousands.

### Teaching children choices in the way they think

Negative to positive.

### The power of parent self-talk

Learn how to use it effectively.

### Flourishing Tree

Fun and empowering actions to help children thrive.

### "I accept myself no matter what"

The important message that protects children.

### Homework

Helping parents to motivate their child to do homework.

### Family meeting:

The keys to children having a great school year.

### The authoritative parent

The importance of being firm, yet kind.

### Teaching children self-discipline

Building children's frustration tolerance.

## Parent - Insight Articles Downloadable articles that present information on important parenting topics.

- Become a happy, flourishing parent File
- Steps to parents managing stress File
- Children's Positive Habits of the Mind
- Flourishing Menu: Daily actions File
- Namby-pamby kids, highly-anxious parents File
- 5 keys that unlock children's potential File
- Parenting strengths that make a difference File
- Effective parenting in a digital world File
- The two-way conversation: How to talk and listen File
- Development of social and emotional strengths File