

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 children and adolescents ages 0 - 18

Parent - Elearning Programs

Short and informative programs on positive and effective parenting.

Stress relief for parents

Powerful technique for managing stress used by thousands.

Strengths of highly effective parents

1 hr presentation plus handout.

Teaching children choices in the way they think

Negative to positive.

Compass Program: How to help children improve their reading

1 hr video plus guide.

The power of parent self-talk

Learn how to use it effectively.

The authoritative parent

The importance of being firm, yet kind.

To spank or not to spank

Lessons children learn.

Keys to children's success and happiness

1 hr presentation plus handout.

Flourishing Tree

Fun and empowering actions to help children thrive.

"I accept myself no matter what"

The important message that protects children.

Teaching toddlers positive behaviour

The power of positive reinforcement.

Homework

Helping parents to motivate their child to do homework.

Family meeting:

The keys to children having a great school year.

YCDI parent survey:

Discover your strengths and areas for improvement.

Teaching children self-discipline

Building children's frustration tolerance.

Positive Parents

How to be a positive role model, manage stress and enjoy parenting.

Effective Parents

Skills for effective discipline, motivation and relationship building.

Positive Children

How to develop children's resilience, confidence, persistence, organisation, getting along skills, and positive attitudes.

Parent - Insight Articles

Downloadable articles that present information on important parenting topics.

- What does it mean to be a parent?
- Responsive parenting
- Babies and crying
- Temperament and childhood behaviour
- From nurturance to setting limits
- Childhood social and emotional development
- Development of social and emotional strengths
- Steps to parents managing stress
- Become a happy, flourishing parent
- Parenting strengths that make a difference
- Children's Positive Habits of the Mind
- Five keys that unlock children's potential
- Flourishing Menu: Daily actions
- The two-way conversation: How to talk and listen
- Namby-pamby kids, highly-anxious parents
- Effective parenting in a digital world

Child and Adolescent - Elearning Programs

Motivational, confidence and resilience building programs children and adolescents can listen to or view on a mobile phone, tablet or computer.

The YCDI Motivational Audio Elearning Series

Eight inspirational and informative 15–20 mins audio programs

- Boosting your confidence
- Motivating yourself
- Developing self-acceptance
- Setting and achieving goals
- Managing your time and getting yourself organised
- Controlling exam anxiety and stress
- Making friends and reducing social anxiety
- Managing your anger and behaving assertively

The YCDI Video Series

- Bullying: The Power to Cope 4-part animation plus parent guide.

Samples

The Power of Parent Self-talk



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

Namby-pamby kids, highly-anxious parents File



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