



Do you wish parenting your intense child was easier?

YOU NEED THE RIGHT TOOLS. IN THE RIGHT ORDER. FOR YOUR UNIQUE FAMILY.

8 PILLARS OF PARENTING FOR MORE PEACE AT HOME

CALM THE FIRE

First things first, don't match fire with fire. Use the mantra, "Calm Body -- Calm Voice -- Calm Face"

AVOID FIRE-STARTERS

Refrain from starting phrases with NO so you don't trigger the retaliation response

HAPPY CHEMICALS

Play and quality time put your child's brain in a calm and happy state. Build it in daily

EMOTION COACHING

Acknowledge your child by labeling how they feel, then stop talking. This teaches how to communicate and manage big emotions

RED LIGHT PARENTING

Ensure your actions match your words so your child learns to STOP and listen the first time

OPTIMIZE DAILY ROUTINES

Develop predictable routines from morning to bedtime so transitions are easier

POSITIVE DISCIPLINE

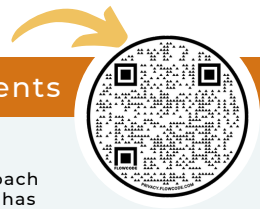
Establish family rules and the "break system" so everyone uses better self-control

SIBLINGS & SOCIAL SKILLS

The #1 reason for sibling rivalry? Poor conflict resolution skills. Break "kindness" into steps so your child interacts well

SAVE \$50 USE COUPON CODE: **PEACE50**

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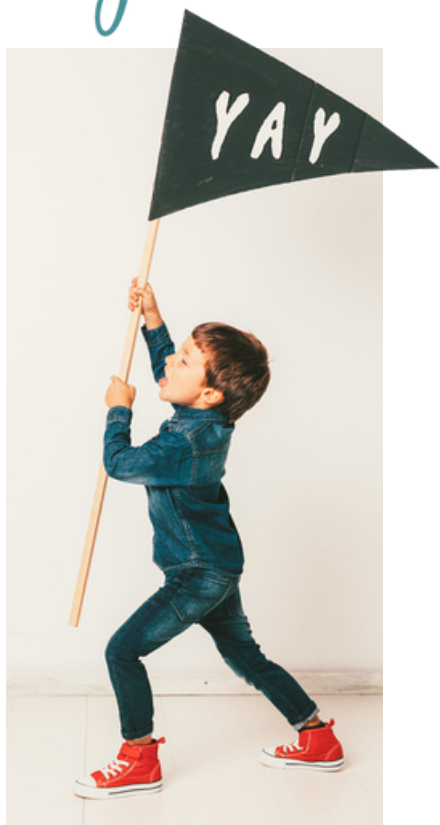


Samantha Moe, MA, SLP is a Certified Parent Coach and Creator of the Mad to Glad Blueprint™. She has coached parents on how to help their children calm, connect, and cooperate since 2004.

SAMANTHA MOE
AND ASSOCIATES

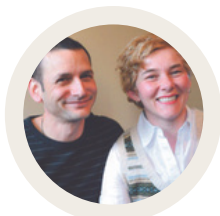
We show you positive, step-by-step strategies to help your child settle down and listen.

MAD
TO glad
BLUEPRINT™



The Mad to Glad Blueprint™ is a specialized brain-based parenting approach that offers step-by-step strategies over eight-weeks.

- 🚩 Specially designed for parents of emotionally intense kids
- 🚩 Reduce fighting, yelling, and frustration at home
- 🚩 Increase listening, connection, and happiness



These strategies defuse situations that were once uncontrollable and overwhelming. Now we have more fun together, enjoy daily life, and feel like the family we want to be.

IRA & JULIE

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