



Thriving w/
Strong Willed Kids

**How to Gain Cooperation & Redirect
Pushback Misbehavior with Integrity**

LEARNING GUIDE
& *Workshop Prep Kit*



Welcome to the Fresh Start Family



Hey there, I'm Wendy, positive parenting educator & family life coach ... I'm so happy you're here!

If you're ready to learn lots of new ways to approach defiance in a healthy way & redirect 'pushback' misbehavior effectively (with intention & integrity) you're in the right place!

This learning guide and workshop bundle will inspire you, motivate you and give you insight into the incredible benefits of raising your children with research backed Positive Parenting theory, tools & methods.

But don't worry - it won't be overwhelming, I've made everything concise and easy to digest.

All you need to know can be found in this guide and I'll be leading you through every step of the workshop. All you have to do is follow along & step into my classroom with me.

LET'S DO THIS!
~Wendy

Inside this guide you will find...

1. First Steps & How this All Works
2. [WORKSHOP LINK TO WATCH OR LISTEN](#)
3. Solidifying Your Intention
4. Pre-learning Activity (Strong Willed Kids)
5. Workshop 'Note Taking' & Reflection Pages
6. Printables to Help You w/ Implementation

BEFORE YOU WATCH THE WORKSHOP

Step 1

Be sure you've read through & printed out (if you prefer a printed version) this learning guide & workshop prep kit

Step 2

Hop right into your pre-learning activity (read through & fill out easy sheets). This will help empower you & open your heart + mind to creativity on how you can begin to work with your beautiful (& very strong willed) power kiddo. If you don't get this done before you watch the workshop no worries - you can always make this a post learning activity! Just make sure to do it to maximize your learning!

Step 3

WATCH THE WORKSHOP (or just listen).

Step 4

Have your workshop guide & reflection / note taking pages ready and push play on the workshop, ready to learn! Try your best to be fully present w/ me during the workshop because of course you'll learn more if you're aren't distracted in a million different directions, but if you need to JUST listen while you are folding laundry, doing dishes, or out on a walk with the kids, totally cool!

>> during the workshop, I'll cover important questions & how to reach me if you have more! cut yourself some slack if you need to & let your littles watch one extra movie or sesame street episode today, so you can be fully present. Remember - the families who step into my "classroom" to learn with me through my workshops are the ones who get the best results with what I teach (surprise surprise!)

HOW IT WORKS



Listen and/or watch the entire workshop from your computer, phone, or any device you'd like. Also, closing out other tabs & silencing your texts helps make everything run smoothly. You can complete the workshop note taking and reflection pages during class or save them for later. ****REMEMBER** - just listening to the workshop is A-ok too - just do what ya gotta do to learn with me.



Once you've watched or listened to the workshop, spend time reflecting and sharing w/ a friend or spouse about what you learned. Complete the note taking / reflection pages if you did not do so during class. Some of the concepts / application will challenge you, so be sure to reach out to me w/ ANY Q's after class so I can help. For the FASTEST response from me - DM me the word HELP on instagram & I'll get right back to you.



Check in with me on instagram (@freshstartwendy) as you prepare, then afterwards as you implement the tips & strategies from the class. Shoot me a DM w/ what your fave takeaway from this free learning guide & workshop was so we can chat! Be sure to DM me the word HELP if you have any Q's!

INTENTION

First off - let's get honest about where you may be right now. Can you relate to one of the following?

- Are you confused about how to get your kids to actually comply without threats, force, raising your voice, or bribing them?
- Do you worry that your family is broken because bickering, tantrums, defiance, misbehavior, meltdowns & day to day chaos has become your norm?
- Are you seeking more self control as a parent & the ability to respond in a way that doesn't leave you feeling terrible when you lay your head on your pillow at night?
- Do you long for more peace, joy, connection & cooperation in your home?

I've been right where you are ... I'll share my story in the next few pages with you. That's why I created this Quick Start Learning Bundle to help you Raise Strong Willed Kids w/ Integrity (without losing your mind), because trust me, I know, the kids blessed with this special personality take a lot of extra support & I'm here to help).

Take a moment to set your intention about why you are here - here's a few to consider - which one resonates with you the most?

- *"To Expand My Heart (I want to learn how to give empathy & compassion more easily to my kids even during their worst moments)"*
- *"To Learn New Tools (so I have options when my child misbehaves instead of just relying on hand me down parenting tactics like threats, yelling, intimidation, punishments, bribery & rewards - that aren't even working to make things better with my kids)"*
- *"To Strengthen My Family (so even the hard moments of parenthood don't take us down as a family & unconditional love, connection & firm limits are what my kids will remember about their childhood - not disconnection, fear, fights & stress)."*

By opening our hearts to see our children (and understand their behavior) in a positive light, we can learn new strategies to work with them in ways that are firm AND kind resulting in strong, connected, respectful & joyful families.

Are you ready commit to learning with an open, humble & honest heart? (yes, I know you are!)

Perfection will be nowhere to be found and honest conversations about true challenges (& failures - we are ALL human) will be abundant!

Celebrate that you said YES to making your first step into learning with us here at Fresh Start Family & choose an intention to hold in the light while you are learning. I can't wait to teach you all my ways at class!





How to Raise Strong Willed Kids with Integrity

A Pre-Learning Guide to Get You Started

You're not alone if you have a "wild one" at home....

...a button pusher

...a constantly getting in trouble kind of kid

...a strong willed about everything child

...or a just so difficult to get along with munchkin

If you've ever described this "wild one" as:

- Demanding
- Insistent
- Stubborn
- Bossy
- Cocky
- Difficult
- Challenging
- Fixated
- Contrary
- Rebellious
- Defiant



...then yep, you've got a "strong willed" kid.

But before we all bury our heads & mourn over how tough the next 15 years of our lives are going to be...

I have GOOD NEWS for you!



Having a Strong-Willed kid is actually a blessing!

You see, kids with these types of personalities often make incredible leaders, are usually pretty darn courageous & naturally have a strong ability to stand up for what they believe in.

LR Knost, positive parenting advocate & best-selling author reminds us that these same traits that we describe so negatively in children, are often viewed as positive “leadership traits” in adults.

She states:

Look at some of the common characteristics of adults who are world leaders, CEO’s, entrepreneurs, innovators, world-class athletes, and the like:

Decisive, Determined, Persistent, Authoritative,
Confident, Valiant, Gutsy, Committed, Resourceful,
Nonconforming, Bold

Note that the characteristics are the same, but the characterizations are negative when applied to a child and positive when applied to an adult.





Other characteristics of strong-willed children that coincide with the characteristics of adult leaders in their fields are:

- They are typically highly creative and intelligent.
- **They are usually passionate and intense in their interests and beliefs.**
- They often have an insatiable need to know 'why.'
- **They typically learn by doing.**
- They tend to have an intense need to test the status quo.
- They are typically highly perfection-oriented, but often that is focused on their expectations of themselves instead of others.
- They tend to need high levels of validation.
- **They usually have an intense need to be heard.**
- They often have a strong need for emotional safety.
- They tend to be resistant to change unless they feel like they have some control over the change.
- **They are often highly sensitive.**
- They are typically intensely focused on their latest project or interest.
- They tend to be conscientious and highly committed.
- **They are usually intensely independent.**

Now there's no doubt, strong willed kids (who I often refer to as "cactus kids") can be incredibly tough to parent, but boy, oh boy - are they a gift to our world!

Because just think about it ... not everyone can be a soft, delicate flower ... we **NEED** cacti in our world to think outside the box, challenge the status quo, and become courageous leaders.



I know first-hand how challenging day to day life with these munchkins can be because I have one. My daughter is THE reason why I found the work of positive parenting & became an educator of this work.

She is the truest definition of a strong willed & spirited child (aka Cactus Kid) AND every ounce of this work has helped me see her in a beautiful light and given me the tools to build her up, instead of trying to control her or push her down.

Once we realize we've got one of these wonderful little souls entrusted to our care, it is incredibly important to have a solid game plan on how to raise them with integrity, so we can set them up for success and help them harness all of the amazing qualities of their personality (and also not go crazy as a parent in the process!).

I've created this easy learning & cheat sheet below to help you build a game plan for raising your Strong-Willed kids with integrity.

Being intentional about how you view them, treat them & work with them is going to get you incredible results, I promise!





Brainstorm & Empathize

What are some areas that your strong willed child is gifted in?

1. _____
2. _____
3. _____

Create an encouraging statement that you'll repeat to yourself often:

i.e. "Johnny loves to be in charge! I can find ways to teach him to lead with integrity & influence others with respect."

What are two areas where his strong will might make his life difficult? (It's going to be very important for you to exercise your Empathy muscle as you go through life with this kiddo!)

1. _____
2. _____

Create an empathy statement that you'll repeat to yourself often:

i.e. "Johnny has a really tough time with change as he loves to be in control & that must be really tough for him, especially during times of transition."



Planning Worksheet

1.) Change Your Paradigm

Describe your child below acknowledging his / her “strong will” as a gift.
(i.e. "Rebecca is very certain with what she wants and often wants to feel powerful through being the leader & being in control. These traits will serve her incredibly well as she matures as she will be courageous in front of crowds, confident enough to speak up for her beliefs and able to take control of a situation where leadership is lacking. I can mentor her in these areas to use her desire to be in power as a gift to the world.")

2.) Start Asking Questions vs. Giving Demands

Strong Willed (aka Power Kids) hate being told what to do because they love to be in charge! Of course, we want to still be the leaders of our homes, just tweak your communication style and they will respond a lot better!

examples:

- *"What do you need to get on your feet, so we can ride bikes?"*
- *"I need someone to be in charge of the waters for dinner? Do you want to pour them into these glasses or the plastic ones?"*
- *"What do you need to do so you don't get a cavity?"*



Below, write 2 different questions you will ask your child tomorrow (replacing compliance statements you often give.)

3.) Practice Setting Limits & Sticking to Them (with compassion & consistency)

- a) Proactive Agreements
- b) Empathy
- c) Restate Agreement
- d) Choices

a. Make Proactive Agreements

i.e. On the way to school, discussing with your preschooler how afternoon pickup will go, might look like this:

"Stella, this afternoon when I pick you up, we will have time to play on the school playground for 10 minutes in order to make it to the library and get new books before nap. Would you like to do that or just go straight home? Yes - you choose to play? OK great, so in order to do that, we need to make an agreement that we'll play for 10 min, & then when Momma says it's time to go, we'll skip to the car holding hands, sound good? Ok, one more time, what is our agreement sweet girl?"

Write your own agreement below that you'll make with your kids:



b. Use Empathy

i.e. "I can see that you don't want to. I know how much you love swinging with your buddies. I also feel sad when I have to leave an event, like the beach because I'm usually having so much fun."

c. Restate Agreement or Ask What the Rule Is

i.e. "What was our agreement we made this morning? What's the rule about playing on the playground after school? What did we agree on so we can make it to the library peacefully & joyfully?"

d. Give Choices (bonus, make it fun!)

examples:

- *"Should we hop to the car like kangaroos? Or gallop like a show horse?"*
- *"Do you want to play the quiet game in the car or put the Trolls soundtrack on crazy loud?"*
- *"Do you want to take the trash out or load the dishwasher?"*
- *"Want to break your reading assignment into 3 sections or just do it all at once?"*



When Strong Willed kids feel connected, empowered, listened to and respected, their behavior improves dramatically.

This is not always easy to hit all these nails on the head, but with practice, you'll find working WITH your Strong-Willed kiddo is easier than trying to change him or fix him.

Strong Willed kids will also teach you incredible lessons about self-growth, patience & emotional intelligence ... IF you let them!

I promise you both of you are going to be just fine...and your kid is going to grow up to be an incredible adult!

As long as you have me by your side to mentor you on how to prioritize connection over correction in your home & rely on the power of relationship (instead of overpowering) with your children.



In the end, RULES + RELATIONSHIP = RESPECT, especially when it comes to strong willed kids. Rules minus relationship = rebellion.



Strong Willed Kids can not & will not be forced into submission without raising actual hell, so I'm going to teach you how to influence them with dignity, grace and TRUE power ...

... so you can stop trying to make the threats, yelling, force, punishments & external coercion tactics work (because they never will to get LONG-TERM sustainable results).

It's time to learn a new way & that's exactly what I'm going to focus on during our workshop together.

I'll be teaching you 5 positive parenting strategies you can use immediately to increase cooperation from your kids & up listening skills in your home.

All you have to do is step into my classroom to learn with me.



By the end of class, you're going to feel empowered, creative & confident as heck as a parent that you CAN tackle even the highest levels of pushback with grace, dignity & firm kindness.

LET'S DO THIS!!

Xo,

Wendy

p.s. >> during the workshop, I'll cover important questions & how to reach me if you have more! cut yourself some slack if you need to & let your littles watch one extra movie or sesame street episode today, so you can be fully present. remember - the families who step into my "classroom" to learn with me through my workshops are the ones who get the best results with what I teach (surprise surprise!)

Workshop Note Taking & Reflection Pages

PROMPTS & NOTES

As you are watching/listening to the workshop OR after you complete the workshop, use these prompts to help you reflect, plan & implement your learning.

1. What are some common areas of pushback in your home?

2. What are some common ways you react to power struggles? (things you say or do when you feel like you HAVE to MAKE your kiddo behave)

3. What is one thing you would love to take a break from in your parenting walk when it comes to how YOU respond to power struggles?

4. Complete the trusted formula: Rules + Relationship = _____

5. What are the 3 essential mindset shifts?

6. Based on psychology, what are some of our basic needs as humans?

7. When pushback occurs, how can you reframe the thoughts in your head so that you have the energy, patience and courage to approach the situation in a new way?

8. When our kiddos are in a Power category of misbehavior, as parents, we will FEEL

_____ & _____.

9. What is the purpose of a pause button/heart connector?



10. What are the steps of a pause button/heart connector?

11. What are some examples for healthy intentions?

12. What are some examples of UNHEALTHY intentions that we want to take a break from?

13. Why is it important for us to lean into empathy?



14. What are some empathy verbiage examples to try?

15. Why should we shift away from compliance statements and lean into giving our power kiddos choices?

16. What are some examples of choices that Wendy teaches?

Heart
Connector

What's my
Intention?



Seek to
Understand.



Rules +
Relationship
= Respect.





An online positive parenting & family life coaching / education company providing courses & coaching for busy parents who want to ditch the threats, yelling & harsh punishments so they can live life as a joyful & confident parent (with kids that listen & cooperate great!).

Next Steps:

Want to see keep what expanding your heart, learning new tools & strengthening your family inside my private community & support program looks like?

Join me inside the Fresh Start Experience for continuous positive parenting education & family life-coaching - while being surrounded by supportive - like minded parents from all over the world who are facing similar struggles, breaking painful generational cycles & creating family legacies of their dreams!



Learn More at: www.FreshStartFamilyOnline.com/experience



Wendy Snyder is a mom of two, certified parenting educator & family life coach, who inspires parents to learn & grow through connection based positive parenting strategies. As the host of The Fresh Start Family Show & Founder of FreshStartFamilyOnline.com, she helps parents to prioritize connection over correction in their homes.

Families who take part in her learning & coaching programs experience radical shifts in their hearts, minds & souls - that help them to create rock solid relationships with their kids, while at the same time teaching important life lessons & helping to raise the next generation of leaders, change makers & important human souls.

