



Happy
Moms

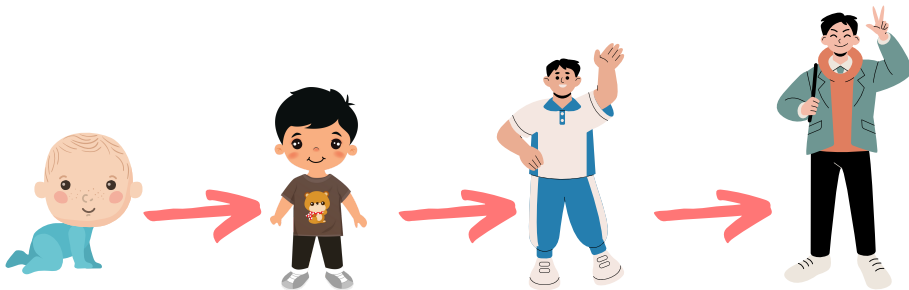
Handouts for Tarbiyat Program

<https://happymoms.pk>

Session 1:

1. Imagine your child 25 years from now, what kind of a person do you hope to see?

What do you
want for your
children?



2. Two Lists Activity

Now - Challenges	Future - Characteristics and Life Skills

This will help you understand that behavior challenges create wonderful opportunities to teach your children the valuable social and life skills you want for them.

3. Asking vs. Telling Activity



4. Parenting Tool cards

<p>Actions speak louder than words</p>  <p>Sometimes the most effective thing is to not respond and speak with your actions only</p> <ol style="list-style-type: none">1. Inform in advance what you are doing2. Ask if they understand3. Act what you said-kindly and firmly without saying anything <p>www.happymoms.pk </p>	<p>Curiosity Questions</p>  <p>Don't ask tricky questions which require specific answers</p> <ol style="list-style-type: none">1. Ask questions which requires children to speak up (what happened?, why do you think it happened?, how you can resolve this?)2. Ask questions according to situation and what children understand <p>www.happymoms.pk </p>	<p>Curiosity Questions</p>  <p>Use Asking vs Telling For example</p> <ul style="list-style-type: none">• What do we need to do to go back home on time?• Whats you plan for homework?• When do you want to clean your room?• What do we do after we finish playing with the toys? <p>www.happymoms.pk </p>	<p>Hugs for connection</p>  <p>Hugs are one of the powerful connecting tool</p> <ul style="list-style-type: none">• Ask for hugs when your children say no, say, I want a hug, let me know when you are ready.• During tantrums or power struggles, ask them "Do you want a hug?"• Hug them without reason <p>www.happymoms.pk </p>
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