

Prevention Tasks

For listening online

1. [Introduction](http://www.audioacrobat.com/play/WVSCshhQ) <http://www.audioacrobat.com/play/WVSCshhQ>
 - a. Introduction To Prevention Tasks
2. [Welcome to Prevention](http://www.audioacrobat.com/play/Wc5zR7bQ) <http://www.audioacrobat.com/play/Wc5zR7bQ>
 - a. Welcome to Prevention. Why it's necessary for both prevention and crisis intervention.
3. [Why are you here?](http://www.audioacrobat.com/play/WyXXb3JO) <http://www.audioacrobat.com/play/WyXXb3JO>
 - a. Why are you here? Prevention? Worried about a problem right now?
4. [How to treat your child](http://www.audioacrobat.com/play/WrZTSjJO) <http://www.audioacrobat.com/play/WrZTSjJO>
 - a. The first basic point of prevention Tasks.
5. [How to communicate](http://www.audioacrobat.com/play/WZs9NrBQ) <http://www.audioacrobat.com/play/WZs9NrBQ>
 - a. One important concept to remember whenever you are communicating with your child.
6. [How to lead your child](http://www.audioacrobat.com/play/WNw6pywQ) <http://www.audioacrobat.com/play/WNw6pywQ>
 - a. This fundamental principle is a building block for the rest of the parenting education.
7. [Special teacher](http://www.audioacrobat.com/play/WW8Fv2wQ) <http://www.audioacrobat.com/play/WW8Fv2wQ>
 - a. The easiest way to remember how to hold your relationship with your child.
8. [Million dollar tip](http://www.audioacrobat.com/play/WBh5OgFO) <http://www.audioacrobat.com/play/WBh5OgFO>
 - a. This tip is stunningly helpful and yet so simple it escapes most parents and school staff.
9. [Special conversation with friend's Mom](http://www.audioacrobat.com/play/WDmR1xjO) <http://www.audioacrobat.com/play/WDmR1xjO>
 - a. This conversation a friend's mom had with me that lead to me take full responsibility for robbing a bowling alley, and want to pay the money back. All other conversations around this topic with my own family lead to fighting and arguing.

For Downloading

1. [Introduction](http://thisrocks.audioacrobat.com/download/23afe2a7-8505-0948-92cc-9f754e0c3cb4.mp3) <http://thisrocks.audioacrobat.com/download/23afe2a7-8505-0948-92cc-9f754e0c3cb4.mp3>
2. [Welcome to Prevention](http://thisrocks.audioacrobat.com/download/41f0dfe6-e7ef-29ad-412b-ad644478612b.mp3) <http://thisrocks.audioacrobat.com/download/41f0dfe6-e7ef-29ad-412b-ad644478612b.mp3>
3. [Why are you here?](http://thisrocks.audioacrobat.com/download/72698026-ead5-6d71-aaed-238af55b345b.mp3) <http://thisrocks.audioacrobat.com/download/72698026-ead5-6d71-aaed-238af55b345b.mp3>
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5. [How to communicate](http://thisrocks.audioacrobat.com/download/2f502f48-4f80-5054-6f1e-150d1f13017b.mp3) <http://thisrocks.audioacrobat.com/download/2f502f48-4f80-5054-6f1e-150d1f13017b.mp3>
6. [How to lead your child](http://thisrocks.audioacrobat.com/download/def120b5-4ce0-02d5-8868-9548f8cb95a5.mp3) <http://thisrocks.audioacrobat.com/download/def120b5-4ce0-02d5-8868-9548f8cb95a5.mp3>
7. [Special Teacher](http://thisrocks.audioacrobat.com/download/7specialteacher.mp3) <http://thisrocks.audioacrobat.com/download/7specialteacher.mp3>
8. [Million dollar tip](http://thisrocks.audioacrobat.com/download/e424e6be-d32e-9953-d6a8-15a80f3d4c3d.mp3) <http://thisrocks.audioacrobat.com/download/e424e6be-d32e-9953-d6a8-15a80f3d4c3d.mp3>
9. [Special conversation with friend's Mom](http://thisrocks.audioacrobat.com/download/d9435498-191c-5c34-a3a0-b527cf86497c.mp3) <http://thisrocks.audioacrobat.com/download/d9435498-191c-5c34-a3a0-b527cf86497c.mp3>

Seminar

Street Smart Counselling

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The Three Tasks To Prevention:

1. Do not treat your child like a _____. They hate that. Treat them like an _____ adult. This doesn't mean they are not kids. Kids love being kids. They love expressing themselves as kids. They just want to be acknowledged with the _____ and _____ of adults. How would you talk to your _____? This is not to be confused with being a _____ instead of a parent.

See homework page.

2. Watch what you _____ to them. Respect, accept, and love still apply. It is very easy to communicate something very different than the words you are saying.
Ex. _____

See homework page.

3. Lead your kid by _____. Be the _____ you want your kid to be. _____ the personality traits you want your kid to show. Your fear is not that your kid becomes an addict, addiction is not the problem. Their willingness to _____ their own _____ is. Are you doing that?

Action Steps:

1. Share with your kid stories of your life, times you were afraid, times you had low self esteem, how you solved it, share everything. Ex. _____

See homework page.

2. Pick new tasks that involve facing your fears, insecurities, challenges, then share them with your kid as you are going through them. Ex _____

The easiest way to pull this off is treat your kid like _____ treated you. Who else in your life made you feel great and inspired, and more importantly comfortable with who you are?

\$1,000,000 tip.- Starting as early as possible (6years old). Everytime your child brings you a situation or problem you say “_____ going _____”. Don't leave until they answer.

How this works

Many people at these presentations find the material sufficient to provide what is necessary for their children to prosper. These presentations and “time” for their kid to develop are enough for them to reach their potential. Sometimes parents get a “feeling” that these presentations will not be enough. Their child is deeply troubled, or somehow missing something fundamental to their psychology. Then extra measures are required to insert what the person did not naturally develop.

My answer is that is this is a course, an ongoing curriculum. After “Boundaries” a big picture can be understood of your situation as a whole. Further reference material will be provided for self study.

I do not provide a lot of examples during the presentation because examples use up lots of time. I find learning to be effective in short bursts. So one can digest what they have learned.

The Big Advantage to this:

When I leave you wondering how this applies to your own life you will think about it for many days if not months after. This allows the brain to contemplate for much longer. This creates deeper learning, and knowledge that does not get forgotten.

Examples are important. They are provided on a separate evening.

Homework

Action steps you can take right now.

Email me to let me know how this went after you have completed these tasks. These tasks can be completed in one week, and then are to be made a habit after that in your regular conversation with them. See the timeline at the end of each assignment.

1. **Treat Your Child** (Like they are older)

- Sit down and explain to your kid that they are smarter than their age, and you would like to discuss a responsibility that is a few years older than they are.
Insert responsibility here **Ex.** Helping with dinner, more important chores (for money?), driving a car, creating a savings account, financial management, using tools around the house..

OR

Just explain to them that they are good at something a lot younger than you were at their age. Acknowledge them for that.

- Do this two times in one week. Then once every two weeks after that. Put those times in your calendar and write “prevention assignment#1”. You will never know the difference you make.

2. **Communicate**

- Think of something they have failed at. Insert here.
Tell them something you failed at when you were a kid, close to their age. Laugh at yourself when you tell the story.
- Ask if there is something they would like to try. **EX.** Hobby, sport, musical instrument. Offer to try that activity with them, or pick a new experience for yourself (**hobby, sport, musical instrument**) and try your new thing while your kid is doing theirs. Share your experiences with each other verbally on a constant basis.
- Do this once in one week. Then once a month (minimum) after that. Put those times in your calendar and write “prevention assignment#2”. You will never know the difference you make.

3. Lead your child

- Pick a problem you are up against. **Ex. Divorce, bitter feelings about ex-spouse, overweight, poor financial habits, bad personality traits you have etc.....**
- Full admit it to your child. Be honest and intimate while maintaining your strength and dignity.
- Then start solving your problem. Share the experience with your child verbally.
- Do this once in one week. Then once a month (minimum) after that. Put those times in your calendar and write “prevention assignment#3”. You will never know the difference you make.

WARNING!!- The above three activities will have the extreme side effect of your life expanding, your self esteem growing, and you taking responsibility for your life. This will not be fun, easy, or convenient **BEWARE!!**