



Say Yes to No

WHY KIDS NEED LOVING BOUNDARIES AND HOW TO SET THEM

By Dr. David Walsh and Erin Walsh

SAY YES TO PARENT SUPPORT THAT REDUCES CONFLICT AND BUILDS EMOTIONAL REGULATION

Setting limits and avoiding power struggles has always been a challenging part of parenting. Now parents need even more support. Parenting in a pandemic means that many families are experiencing increased conflict and escalating stress.

This three week self-study online class from Spark & Stitch Institute helps parents clarify their priorities, build a stronger toolkit, and set the warm boundaries that kids and parents alike need right now to manage stress and stay connected.

Flexibility that working parents need and deserve.

For parents, flexibility is everything. Parents are juggling competing demands on their time and attention and need solutions that fit into their busy lives. This course consists of short videos and practical downloads that working parents can access online or on an app.

Clear, transformational strategies that can adapt to fit different families.

Parents and families are unique. With access to sixteen short videos, interactive guides and exercises, and an online community forum, parents are able to find and practice approaches that work for them.

Build a culture that supports families and grows connections.

Give parents across your community the ability to engage in the same content, strengthening their parenting toolkit and deepening engagement with each other.

Why setting limits? Why now?

Setting boundaries and structure creates the routine, calm, and security that allows kids and adults alike to greet the challenges of this moment with more resilience. The reality is that parents are juggling competing responsibilities with limited bandwidths. Without support, this can quickly lead to more yelling, conflict, and stress at home.

The research is clear. Children need a balance of warmth and structure during challenging times. In other words, this is not the time to throw all limits out the window. It also isn't the time for fighting and delivering harsh punishments. Parents deserve evidence-based support that help them get through the day without power struggles that erode connection.

Dr. Dave Walsh and Erin Walsh have designed workshops and delivered keynotes about setting limits, emotional regulation, and emotion coaching to thousands of parents around the world for over twenty years. This class updates and builds on Dr. Dave's best selling book "No, Why Kids - Of All Ages - Need To Hear It and Ways Parents Can Say It." They've listened to parents about common challenges and triumphs and channeled everything they have learned into this course.

How does the class work?

This online class is designed to be a self study, meaning that parents can engage in the videos and downloads on their own schedules. There are three modules or "Sparks" that deliver science and strategy around the "why" and the "how" of setting limits. Once a participant accesses the course, they receive one Spark a week for three weeks. Access to the content is provided for three months so parents can revisit the resources when they need it most.

"The combination of scientific fact and warm wisdom and real life experiences, for me, it's invaluable. Who would have thought such a tiny little word "no" could have such a huge impact on the overall success of my child's life?"

— Roxanne Battle, Parent and journalist

"[Say Yes to No] was absolutely the most beneficial parenting event I have been involved in...We still have two children at home so we'll definitely put to use the information presented. It re-enforced what we are already doing correctly and provided valuable information and guidance in areas that we needed to improve upon. Thank you so much!"

— Parent, Greater Minnesota



Course Content

- 3 learning modules or “Sparks.” Participants receive one Spark a week for three weeks.
- 16 video lessons, each 4-8 minutes long.
- 13 supporting downloads with exercises, prompts, and practical parenting strategies.
- 3 months of access after initiating course.
- BONUS: Invitation to Spark & Stitch Institute private Facebook group for all online class participants for community and Q&A.

Modules or "Sparks"

Welcome

Spark 1 - Why Your Child Needs You To Set Limits

- Why it is hard to say no
- Why setting limits helps children develop emotional regulation
- Unpacking your parenting approach

Spark 2 - How to Set Limits

- Connection assessment
- The strategy of limits and consequences
- Emotion coaching and handling big feelings

Spark 3 - Troubleshooting

- When yelling takes over
- What to do when consequences don't work
- Navigating differences in parenting styles

Wrap-up

VISIT sparkandstitchinstitute.com/group-license-parenting-classes for more information.

OR

EMAIL onlineclasses@sparkandstitchinstitute.com for more details and pricing.