

Workshop Outline

Course Name: Mean Moms Rule

Target Audience: Mothers of children of all ages

Type:

Workshop based on book *Mean Moms Club: The Moms Rule Book* seven foundational rules.

Goal:

This two hour workshop will put you in charge as a parent using seven foundational rules to create a solid plan. When you have a plan, you know ahead of time how to respond to those every day "drive you crazy" situations. This workshop will give you the tools to set and enforce realistic boundaries based on your family's style and values.

Requirements: Purchase copy of the book *Mean Moms Club: The Moms Rule Book* for use in workshop, \$12 at time of workshop (discounted if purchasing for group of 10 or more)

Tools Provided:

- Presentation slide handouts for notes
- Handouts for creating individualized plan

Duration: 2 Hours, combination of presentation and exercises

Benefits:

- Stop reacting in the moment with emotions getting in the way
- Stop second guessing yourself after you respond to a situation
- Take control with a plan to prevent the battles of the wills

Outcomes:

1. Understand the meaning of mean mom as it relates to providing safety and security, the basis for love and emotional growth
2. Correlate each of the seven rules to the underlying theme of structure and consistency in parenting
3. Apply each of the rules to your own family styles and values
4. Find solutions to specific situations in parenting, using the rules
5. Begin individual plan for dealing with everyday situations in parenting

Synopsis:

Mean Moms Rule is a hands-on workshop that explores the realities of everyday parenting and how to take control by having a plan. The key is in being a mom who **sets rules and boundaries** based on **safety and security** and who enforces them even when that makes her a "mean mom". **Yes, you want to be a mean mom!** A

mean mom is one who **sticks with her plan** to raise **responsible, compassionate kids**.

But that is not easy to do. How often have you experienced these moments?

- *Where is the manual for this baby?*
- *I know I should have handled that better, but she was driving me crazy and I couldn't take it.*
- *Last time I grounded him it worked. But this time it isn't working. Now what do I do?*

Creating a plan based on the seven foundational rules enables you to deal with these situations as well as all the other drive you crazy situations inevitable in raising kids.

Outline:

1. What it means to be a family
2. What it means to be a kid in a family
3. What it's all about: safety and security
4. Follow the Rules for structure and consistency
5. Outline a Plan