

Raising Orchid Kids: Practical Strategies for Parents of Highly Sensitive Children

SYLLABUS

Week 1:

- Introductions, norms and what to expect in this course
- Understanding yourself as a parent
- Understanding your child & what motivates them

Week 2:

- Diving into developmental stages
- Functions of behavior (and why it matters)

Week 3:

- The “ABCs” of behavior
- Strategies to create change and growth

Week 4:

- Defining a specific goal for your child
- Strategies to address your specific goal
- Increasing your child's independence and self-efficacy

Week 5:

- Refining your goal & staying on track

Week 6:

- Planning for predictable challenges
- Planning UNpredictable challenges
- Looking ahead

** All sessions include Q&A, individual, and group support.