



# Parenting Children with Health Issues

Essential Tools, Tips & Tactics for Being a Great Parent when Every Moment Matters

## Welcome to *Winning with CF: Essential Tools, Tips and Tactics for Raising Healthier Kids™*

You are about to start a meaningful and rewarding journey. We are confident that you will have fun along the way, too!

Our goal in creating this program is to provide you with the opportunity to gain practical and proven tools for raising confident, responsible kids with high coping skills; kids who are optimistic about life and take good care of themselves- even when no one else is watching.

Throughout this program, you will learn techniques that:

- ♥ Are simple and easy to learn
- ♥ Teach responsibility, character and good coping skills
- ♥ Lower your stress level
- ♥ Have immediate and positive effects
- ♥ Up the odds your child's transition to independence will be fun instead of frantic

### Laugh, learn and enjoy yourself!

Parents who get the most out of these classes sit back, laugh along with the stories and examples, and give themselves permission to have fun.

The most successful parents take it slow and easy. They don't try everything at once and they don't overwhelm themselves by trying too hard to be "perfect" parents. Instead, they experiment with one simple skill at a time.

Each session will include information about different issues that can impact your family as you raise your child with cystic fibrosis. However, the primary focus of each session will be to learn and master one specific skill. Each session's *Skill Builder* workbook exercise will focus on practicing this one skill and the *Life Applications* exercise will help you apply the skill in your home with your family.

So sit back, relax, and enjoy yourself. Give yourself the permission to take this time to learn, connect with others, grow and giggle as we discover ways to win with CF.

We're looking forward to talking with you soon!

Foster Cline MD and Lisa Greene

# Your Registration Materials

**I. Registration Materials Enclosed** (please complete and return the highlighted items before the first class):

- Welcome Letter
- How This Class Works
- Workshop Enrollment Agreement (if we don't have one back from you yet)
- Pre- Class Survey- done online
- Message Board Log-in and Instructions
- Class Outline
- Workbook: *Winning with Cystic Fibrosis* by Cline/ Greene
- CD: *Top Do's and Don'ts for Parenting Children with Health Issues*
- DVD: *Five Essential E's for Raising Responsible Kids*
- COPE Card

## **2. Surveys:**

Before you look at any of the class materials, please complete the online pre-class survey before the first day of class.

After the last class, you will receive a link to complete a post-class survey. If we have both of your completed surveys, we'll enter you in a drawing for a \$20.00 amazon.com gift card.

## **3. Workshop Enrollment Agreement:**

If your package includes a workshop enrollment agreement, then that means we don't have one from you. Please sign and return it (via fax, email or the enclosed envelope) right away. We need it before the first day of class.

Please feel free to contact us if you have any questions. Thank you.

# Winning with CF: Tools, Tips and Tactics for Raising Healthier Kids™ 2012 Workshop Enrollment Agreement

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone- Home: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

I have access to a high-speed internet connection to view video clips and receive downloads. Yes \_\_\_\_\_ No \_\_\_\_\_  
I hereby give permission to share my email address with classmates. Yes \_\_\_\_\_ No \_\_\_\_\_

**Course Dates & Time:** 7 Wed Nights from 5:00- 7:00 PM Pacific Time; February 1, 8, 15, 22, 29 and March 7, & 14, 2012

**Tuition Fee:** \$59.00 Includes: Workbook "Winning with Cystic Fibrosis," CD: Top Do's and Don'ts for Parenting Children with Health Issues and DVD: Five Essential E's for Raising Responsible Kids. **Full payment is due by 1/30/12.**

**Payment:** By Paypal or a check made payable to Lisa Greene and mailed to PO Box 4226, Bellevue, WA 98009

By signing this contract, I acknowledge that I have read and agree to these terms:

- This course is a teleclass and the phone call is not toll-free. I understand that I will be billed by my telephone carrier for my standard long-distance fees to area code "559."
- If I am dissatisfied with the course, and have attended and participated in all course sessions and assignments, my tuition will be refunded (minus a \$15.00 materials fee); otherwise, my tuition and deposit are non-refundable except as outlined below.
- My seat in the course is not guaranteed until this signed agreement and full payment is received. Payment must be received no later than January 30, 2012.
- In order to get the full benefit from this course, I will do my best to attend all seven scheduled classes and complete my assignments prior to the course sessions.
- I agree to let my instructor know if I am unable to attend a class session.
- I agree to participate in a "before" and "after" survey.
- Personal matters may be discussed during these classes and I agree to keep such matters confidential. I agree not to record any of the classes.

### *Informed Consent*

The *Winning with CF* workshop is educational – it is not intended to be a substitute for family counseling, psychotherapy or medical care. Parents must determine whether the concepts discussed are appropriate for their family given their child's individual medical, mental and behavioral situation. Medically-based reasons for behavioral problems should always be considered. Persons should seek the advice of a medical professional when making decisions about personal healthcare or treatment. Parenting Children with Health Issues, Lisa C. Greene, Foster W. Cline, Cystic Fibrosis Research Inc (CFRI), Epic LLC, and/or Love and Logic are not responsible for any situation or outcome as a result of the materials, ideas or recommendations presented during classes and/or related correspondence. All materials are copyrighted. No portion of the text, written or verbal presentations may be reproduced without written consent of the instructor. To maintain confidentiality, recordings are not permitted.

### *Cancellation and Refund Policy*

If you cancel your agreement in writing more than two weeks before the first day of class, your tuition fee less materials (\$15.00) will be fully refunded. There will be no refunds for cancellations made within one week of the first day of class. In the case of cancellation due to low enrollment, a full refund will be given less the materials fee of \$15.00 if materials have already been mailed out.

**I have read and agree to the terms and conditions above:**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## How This Class Works

A teleconference is different than sitting in the same room together and might take a little bit of getting used to if this is your first one. Short pauses might seem like an eternity and sometimes everyone starts talking at once!

But you'll be amazed at how quickly you become comfortable and how well we'll get to know each other. Please relax, make yourself comfortable and use this time to enjoy and renew yourself.

This class has been carefully designed to teach you new skills, provide resources for ongoing success, and create an opportunity to connect with others. Here's how it works:

### **Before Class:**

Each week, you will call in to a conference line\* as well as login online for screen sharing (this part is optional). The screen sharing option allows you to see the facilitator's computer screen including power points and video.

Have your power points, workbook, pen and paper ready. Some people like to print the power points out for note taking while others prefer to view them on their computer. Do whatever works best for you.

### **Instructions for calling in:**

#### **To join the meeting by telephone only:**

**Step 1.** Dial: (559) 546-1200 (standard telephone rates may apply).

**Step 2.** Enter the Meeting ID: 820-344-076 followed by the # key.

\*Reminder: This is not a toll-free call so you will pay the normal long distance charges from your own carrier or cell phone service.

#### **To join the meeting by computer (you will be able to see the presenter online):**

**Step 1:** Go to this link: <https://www.freescreensharing.com/meetings/820-344-076> (you might need to download some software.)

**Step 2:** To hear the conference, you must ALSO dial in from your telephone. Dial: (559)546-1200 and enter the Meeting ID: 820-344-076 followed by the # key.

## How This Class Works

Helpful Hints:

**To mute and un-mute: Press \*6** “Mute” is when you can hear us but we can't hear you. Please use mute if you have a noisy background. Also, please don't use your hold button.

Note: Depending on the size of the class, the instructor might mute the whole group during teaching segments and then un-mute for Q&A opportunities.

**If you are having any problems dialing in, please call Lisa at:  
(425) 891-2842.**

### During Class:

Each week, your instructor will call in about 10 minutes early to answer questions. Then, we'll start the new material right on time. Please let your instructor know before class if you are unable to attend.

### After Class:

A day or two after class, your instructor will *email* you the next week's power points and workbook pages if applicable. Please let her know at least 24 hours before class if you have *not* received your materials (call or email).

### Other Details:

#### Private Facebook Group:

We encourage questions, conversations, and comments between class members so we have set up a secret (meaning no one can see or find the group) Facebook Group just for this class. Please “friend” **Lisa C. Greene (from Seattle)** on Facebook and she will invite you to the group. Here is Lisa's icon:



We are looking forward to a fun and productive class.

***Thanks for joining us!***

## Winning with CF Teleclass Web Page Instructions

We have created a private class web page just for this *Winning with CF* course. The password will change after this course is finished.

The web page will give you access to class materials including power points, video clips, and other class resources. Please login a day or two before class to make sure it's working okay. We won't be able to troubleshoot during class time.

**For help, email: [WinningWithCF@gmail.com](mailto:WinningWithCF@gmail.com) or call (425) 891-2842.**

### Logging in to the Class Web Page:

1. Go to: [www.WinningWithCF.com](http://www.WinningWithCF.com).
2. Scroll to the very bottom of the page to the "Class Members Only" section highlighted in blue.
3. Click on the "Click Here" link.
4. Type in the password.

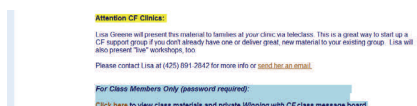
**The password for 2012 is: winning39**

Note: This password changes each year for the new "incoming" class.

5. You are now at the main class web page where you'll find the links to each weekly session.

At the bottom of the page, you'll also find a link to access the private Facebook group. Instructions for the group are on the back of this page.

6. As we complete a session each week, the link to the next week will become active. This will help ensure you don't peek too far ahead and allow your instructor to make changes to the power points as needed based on the last class's content.



**For help, email: [WinningWithCF@gmail.com](mailto:WinningWithCF@gmail.com) or call (425) 891-2842.**

## Winning with CF Class Facebook Page

### Private Facebook Group:

We encourage questions, conversations, and comments between class members so we have set up a "secret" (meaning no one can see or find the group) Facebook Group just for this class. The only way to join the group is by invitation only.

Please "friend" **Lisa C. Greene (from Seattle)** on Facebook and she will invite you to the group. Here is Lisa's icon:



Here is an example of what our group will look like once you open it.

You can access our group by clicking on it from your FB "Home" page. The groups you are a member of will show on your left (see yellow arrow).

Notice that there is also a chat feature at the bottom right of your screen (see pink arrow). If you click on the Winning with CF 2012, you'll see if any other class members are online and you can chat live.

Lastly, notice that there is a section for Documents (see green arrow). We will post important docs here.



### Posting Tips and Etiquette:

1. Don't type in all caps. This is perceived as screaming.
2. Be aware that things said in type "sound" different than things said in person. Be sensitive to how your message may come across especially if you are giving advice or disagreeing with a point of view.
3. Please be sensitive to the stage where others may be at. Parents of younger children might not be "ready" to hear detailed information about your older child's disease progression.
4. Expressions of faith are fine but please be respectful about other points of view.
5. Please do not give medical advice or comment on medical procedures, treatments, etc.

## Winning with CF: Tools, Tips and Tactics for Raising Healthier Kids™ CLASS OUTLINE



Wouldn't it be nice to know about the potholes in the road of life with CF so you can avoid them? Does this sound familiar?

"Joey! How many times do I have to remind you to take your medicine?!"

"Momm... Stop nagging me!"

"I wouldn't have to nag you if *you'd* remember. Do it... Now!!"

Relax! Help is on the way. Discover how to:

- Motivate children to make wise choices about food and medication.
- Put an end to power struggles, arguing, whining, and complaining.
- Prevent behavior problems before they start.
- Promote responsibility without nagging, lecturing, yelling, or bribing.
- Recognize and avoid common parenting traps.
- Handle resistance to medication and medical treatments.
- Adapt your parenting responses to the different ages of your child's development.
- Talk about difficult issues such as life expectancy or negative medical information.
- Prepare your child for the transition into the adult medical system.
- Raise confident, responsible kids with high coping skills.
- Increase the odds that your child will lead a healthier, happy life.

Foster Cline, MD\* is a well-known child psychiatrist, co-creator of the popular *Love and Logic* parenting program and best-selling author. Lisa Greene is a certified parent coach and mother of two children with cystic fibrosis. They have teamed up to adapt Love and Logic's powerful- yet simple- parenting tools to the challenges of raising kids with special healthcare needs.

Their message is: "You can do it!" After this entertaining and informative teleclass, you'll have lots of practical new parenting tools plus a lighter step and hope for the future.

This class is based on the award-winning book *Parenting Children with Health Issues: Essential Tools, Tips and Tactics for Raising Kids with Chronic Illness, Medical Conditions and Special Healthcare Needs* by Foster Cline MD and Lisa Greene (not included in tuition).

**Instructor:** Lisa C. Greene, BS CCP; Contact Information: Phone (425) 891-2842;  
Email: [WinningWithCF@gmail.com](mailto:WinningWithCF@gmail.com)

\*Foster Cline, M.D. may join us by phone on selected occasions subject to his availability.

### **Class Resources (included in tuition):**

Workbook: *Winning with Cystic Fibrosis: Tools, Tips and Tactics for Raising Healthier Kids* by Foster Cline, MD and Lisa Greene

CD: *Top Do's and Don'ts for Parenting Children with Health Issues and Other Special Needs* by Foster Cline, MD and Lisa Greene

DVD: *The Five Essential E's for Raising Responsible Kids* with Foster Cline, MD and Lisa Greene

**For more information, visit [www.ParentingChildrenWithHealthIssues.com](http://www.ParentingChildrenWithHealthIssues.com)**

# Winning with CF: Tools, Tips and Tactics for Raising Healthier Kids™

## CLASS OUTLINE

### Class Objectives:

This class will deal primarily with the behavioral, emotional and relationship challenges families face when a child has cystic fibrosis. Parents will gain an understanding of the unique parenting issues families face and learn practical, effective responses which are based on the Love and Logic approach. The course will help families improve medical adherence, prepare for the transition to independence, improve parent/child relationships and raise confident, respectful, responsible kids with high coping skills.

### Week One: Setting the Foundation for Raising Responsible Kids

- Welcome and Introductions
  - Preparing Children for the Real World
  - How Do Children Really Learn? The Five E's of Love and Logic
  - Having CF Changes Things...
  - Putting an End to Whining, Arguing and Complaining
- ✓ Skill Builder: How to neutralize whining, arguing, and complaining

Week 1 Objectives: To get acquainted with each other as well as Love and Logic's basic principles. We'll learn the Five E's of Love and Logic and how to make good use of them to promote medical adherence including how to respond to children who whine, argue, and complain about medical treatments (and anything else!). And we'll discuss the special parenting challenges families face when raising kids with CF.

### Week Two: The COPE Formula: C stands for *Control That's Shared*

- Love and Logic Foundation #1: Parental Self-care and Modeling
  - Love and Logic Foundation #2: Building Your Child's Self-concept
  - Parenting Styles
  - The Science and Art of Control
  - Avoiding Food Fights
- ✓ Skill Builder: Choices

Week 2 Objectives: We will address the importance of parental self-care and modeling and discuss practical ways that caregivers can take good care of themselves. We'll learn about what *really* builds a positive self-concept. We'll focus on why it's important to share control and learn different ways to do so including the proper use of choices. We'll discover how to effectively use choices to encourage medical adherence and good eating habits in kids with CF.

### Week Three: The COPE Formula: O Stands for *Opportunity for Thinking and Decision Making*

- Setting Limits
  - Thinking Words vs. Fighting Words
  - Enforceable Statements
  - Using Creativity, Fun and Humor to Set Limits
  - Handling "I Can't" and "I Won't"
  - Building Loving Relationships
- ✓ Skill Builder: Enforceable Statements

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Week 3 Objectives: We'll discuss the importance of setting limits and learn how to set limits without causing control battles. We'll also talk about how to know if your child *can't* do something (like self-administered breathing treatments) or simply *won't* and what to do about it. We'll end with a discussion about the importance of relationship and some tips on simple but impactful ways to stay connected in the midst of busy lives.

### **Week Four: The COPE Formula: P Stands for *Problem Solving Skills***

- Units of Concern and Who Owns the Problem
- The Dangers of Over-protection
- Guide the Child to Solve the Problem
- Communicating about Difficult Issues
- Beware of Over-reassurance
- The Trouble with Statistics

✓ Skill Builder: Using the Problem Solving Model

Week 4 Objectives: We'll discuss the import concepts of units of concern and learn how to decide who owns the problem: parent or child. We'll learn a communication model for guiding the child to solve their own problems. We'll also learn how to discuss difficult issues about CF like life expectancy, the results of poor self-care, receiving "new" bad news, etc. We'll learn how to be encouraging without over-reassurance and why that matters.

### **Week Five: The COPE Formula: E Stands for *Empathy and Consequences***

- Using Empathy Before Consequences
- Logical Consequences: Natural and Imposed
- Using Positive Consequences and Rewards
- The Energy Drain Technique
- Strategic Training Sessions

✓ Skill Builder: Empathy Before Consequences

Week 5 Objectives: We'll learn about one of Love and Logic's most important skills: the use of empathy. We'll discuss the proper use of consequences to enforce limits around medical adherence including how to properly structure consequences. We'll talk about using positive consequences to motivate and how to set up effective reward systems to encourage medical adherence and start new healthy habits.

### **Week Six: Ages and Stages: Managing Successful Transitions**

- Kids Grow Up So Fast! Living with CF Through the Ages and Stages
- The First Years: Infancy through Preschool
- Elementary School Years including Coping with CF at School
- Trouble Free Teens including Coping with Peers
- Transitions into Young Adulthood

Week 6 Objectives: This class will provide an overview of the parenting issues presented by the different ages and stages of a child with CF's development. There will be a heavy emphasis on preparing children for transition to the adult medical system; what should a child with CF know and do independently by what age.

# Winning with CF: Tools, Tips and Tactics for Raising Healthier Kids™

## CLASS OUTLINE

### Week Seven: Wrapping It Up...

- Handling Sibling's Feelings and Behavior
- Dealing with Relationships
- Tips for Staying Organized
- Guest Speaker: Talk with an Adult with CF
- Open Question and Answer Time with Dr. Cline

Week 7 Objectives: We'll wrap up the course with a brief discussion about siblings, relationships, and marriage. We'll share tips and ideas for staying organized. We'll also talk with a guest speaker about living with CF, and end with open Q&A time with Dr. Cline\*.

### Recommended Supplemental Resources:

Audio: *Grief, Trauma and Loss: Helping Children Cope* by Foster Cline, MD: \$13.95 available at [www.loveandlogic.com](http://www.loveandlogic.com)

Audio: *Funny Parenting Stories* by Dr. Charles Fay and Jim Fay; Free audio download from [www.loveandlogic.com](http://www.loveandlogic.com).

Parenting Teens and Preteens: Book: *Parenting Teens with Love and Logic* by Foster Cline MD and Jim Fay available at [www.loveandlogic.com](http://www.loveandlogic.com) and [www.amazon.com](http://www.amazon.com); Audios: *Developing Character in Teens* by Jim Fay, *Trouble Free Teens* by Fay/ Cline and *Hormones and Wheels* by Jim Fay.

Parenting Toddlers and Preschoolers: Book: *Love and Logic Magic for Early Childhood* by Jim Fay and Charles Fay, PhD; Audio: *Toddlers and Preschoolers* by Jim Fay and Foster Cline, MD; Video: *Painless Parenting for the Preschool Years* by Charles Fay, PhD.

Book: *How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber & Elaine Mazlish available at [www.amazon.com](http://www.amazon.com) or [www.fabermazlish.com](http://www.fabermazlish.com). Recommended for learning how to communicate with kids in general.

Book: *The Kazdin Method for Parenting the Defiant Child* by Alan E. Kazdin, Ph.D. available at [amazon.com](http://amazon.com). Recommended for structuring effective reward systems.