



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
- Message Board Log-in and Instructions
- Class Outline
- Class One Materials (subsequent sessions will be emailed after each class):
 - Power Points
 - Workbook Pages
- Book: Parenting Children with Health Issues by Cline/ Greene
- CD: Top Do's and Don'ts for Parenting Children with Health Issues
- COPE Card
- Other: Goodies from Cystic Fibrosis Research, Inc.

2. Surveys:

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

After the last class, you will receive a post-class survey. If we have both of your completed surveys, we'll send you a copy of the fun new illustrated booklet: "Parenting Children with Health Issues and Other Special Needs: Love and Logic Essentials for Raising Happy, Healthier Kids."

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™ 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: 6 Monday Nights from 5:30- 7:00 PM Pacific Time; February 8, 15, 22, and March 1, 8, 15, 2010

Tuition Fee: \$59.00 Includes: Book "Parenting Children with Health Issues," CD: Top Do's and Don'ts for Parenting Children with Health Issues and Workbook. Full payment is due by January 25, 2010.

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 "712."
- 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 \$25.00 materials fee per person); otherwise, my tuition and deposit are nonrefundable 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 25, 2009.
- In order to get the full benefit from this course, I will attend all 6 scheduled classes, and complete my assignments prior to the course sessions. Assignments include skills worksheets, reading and journaling.
- 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 plus a three month follow-up survey.
- Personal matters may be discussed during these classes and I agree to keep such matters confidential.

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 (\$25.00) will be fully refunded. There will be no refunds for cancellations made within two weeks 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 \$25.00 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 teleclass 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 support each other. Here's how it works:

Before Class:

Each week, you will call in to a conference line*. 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:

Step 1. Call 1-712-432-1690 promptly at 5:30 PM Pacific Time (8:30 Eastern).

Step 2. At the prompt, dial the following passcode: 703661 # (Be sure to include the pound 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.

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. Please let her know at least 24 hours before class if you have not received your materials (call or email).

Other Details:

Message Board:

During the week, you might have questions so we have set up a secured, private message board just for this class. Your instructor will be checking in very often to answer questions and offer ideas. The message board instructions are included in your welcome package.

We are looking forward to a fun and productive class.

Thanks for joining us!

Winning with CF Teleclass Message Board

<http://www.happyheartfamilies.citymax.com/WinningWithCFTeleclass.html>

Welcome to the *Winning with CF* class message board. This is a private, secure place for you to ask questions, share ideas and connect. *For help, email Lisa at ParentHealthlss@aol.com or call (425) 891-2842.*

The password is: winningwithcf2

Logging in the First Time:

1. Go to the Message Board webpage as shown above in blue. Type in the password (see above).
2. On your first visit, *Register* (upper right corner). Upon completing the information, it will take 24-48 hours to get approved. This process will help to ensure our privacy.
3. On subsequent visits, you can just *Login*.
4. Click on the topic to read posts or reply to a post.



Posting a Message Within a Topic:

1. After you've logged in at the message board page (see above image), click on the topic you are interested in.
2. Go to the end of the existing posts.
3. Enter your message then click on *Post Message*.



Editing or Deleting Your Message:

Please note that the moderator can edit or delete any messages and a logged in member can edit/ delete his or her own messages only.

1. From the main message board page (top image), open up the topic where the message you want to edit/ delete is located.
2. Click on the *Edit* or *Delete* button within the box where the message is located.
3. Make your changes and then click on the "Save" button . Please note that just below the message a note will appear that indicates when the message was "Last Edited."

Starting a New Topic:

1. Login to the Message Board page.
2. Click on *Start New Topic*.
3. Type a subject title and your note.
4. Click on *Add Topic*.
5. Your new topic will appear at the top of the messages on the main message board page.



Message Board 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.

This message board and web site is meant for support and information only and is not meant to replace professional medical or mental health care.

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 medication?!"

"... Mommm... Stop nagging me!"

"I wouldn't have to nag you if you'd remember to take it. Now go do it... Now!!"

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

- Motivate your child 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.
- Talk about difficult issues such as life expectancy or possible negative medical outcomes.
- 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 (included in tuition).

Instructor: Lisa C. Greene, BS CCP; Contact Information: Phone (425) 891-2842;
Email: HappyHeartFamilies@gmail.com

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

Class Resources (included in tuition):

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

Workbook: Winning with Cystic Fibrosis: Tools, Tips and Tactics for Raising Healthier Kids

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

For more information, visit 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 important concepts of units of concern and learn how to decide who owns the problem: parent or child. We'll learn two communication models for guiding the child to solve their own problems. We'll also learn a communication model for discussing 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: Wrapping It Up...

- 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
- Handling Sibling's Feelings and Behavior
- Open Question and Answer Time with Dr. Cline

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Week 6 Objectives: We'll wrap up the class with an overview of the parenting issues presented by the different ages and stages of a child with CF's development. We'll discuss sibling issues 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

Audio: Funny Parenting Stories by Dr. Charles Fay and Jim Fay; Free audio download from 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 and 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 or 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. Recommended for structuring effective reward systems.