



The Parent's Toolshop: The Universal Blueprint for Building a Healthy Family

By Jody Johnston Pawel LSW

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EVER WISH CHILDREN CAME WITH INSTRUCTIONS? NOW THEY DO!

This winner of "The National Parenting Center's Seal of Approval" is teeming with the best of the best--more than 100 highly practical parenting skills in an easy-to-use format.

THIS ONE-STOP RESOURCE SAVES YOU TIME, MONEY AND FRUSTRATION

No longer do you need to spend hours reading dozens of resources to find the skills and solutions you seek. This author has done the research for you! She spent over ten years researching hundreds of resources to put the best parenting advice at your fingertips. There are new ideas you've never heard and techniques that have worked for generations. Gone is the inaccurate, unhelpful, confusing and contradictory advice that detours your progress. Seven years of field testing by thousands of parents from all walks of life and family-service professionals resulted in statistically significant improvements in parenting skills. From toddlers to teens and beyond--these are solutions that work, every day, at home, at day care and in the classroom--and they will work for you, too!

PARENTAL LOVE MAY COME NATURALLY,
BUT EFFECTIVE PARENTING SKILLS ARE LEARNED.

"The Parent's Toolshop" is like a self-paced workshop, taught by a parenting expert, in the comfort of your own home. Step by step, you'll learn how to build a healthy family by using the special language and action toolsets of effective parenting: ~Learn what styles of parenting you have, what it reveals about your personality--and the problems you can avoid by adopting a "balanced" approach. ~Build self-esteem without ego-esteem or creating "praise junkies." ~Get your children to cooperate--the first time you ask--using simple positive requests. ~Teach your children how to be independent AND responsible. ~Open the lines of communication and teach children how to solve their OWN problems by learning "F-A-X Listening." ~Avoid lectures and children with rolling eyes or deaf ears by setting limits or expressing concerns in one sentence, one word or no

words! ~Develop individualized anger and stress management plans for you AND each child. ~Learn what is age-appropriate behavior and how to keep it from turning into intentional misbehavior. ~Understand the purpose behind deliberate misbehavior and how to break the cycles of attention-seeking behavior, power struggles and revenge. ~Use discipline to teach children how to be self-disciplined-without being "the bad guy"! ~Hold productive family meetings that teach children valuable life skills while preventing and resolving everyday conflicts. ~Boost your confidence as a parent, without feeling you need to bend and sway to the pressures of well-meaning but unhelpful advice-givers.

NOWHERE ELSE WILL YOU LEARN THE UNIQUE "UNIVERSAL BLUEPRINT" PROBLEM-SOLVING SYSTEM.

You'll learn how to ask yourself three simple questions...to find your OWN ideal solution to ANY parenting challenge, including: sibling squabbles, allowances, morning delays, homework, picky eaters, power struggles, messy rooms, dating, temper tantrums, bullies, chores, driving, bedtime hassles, lying, sassy smart-mouthed kids, curfew, friendship fallouts, A.D.H.D. ...and more!

COMPREHENSIVE YET EASY TO READ, "THE PARENT'S TOOLSHOP" ENLIGHTENS, INFORMS AND ENTERTAINS

You'll feel like the author is sitting next to you on your couch, explaining even complicated concepts in simple terms. When you need to SEE an idea, look at the simple visual graphics that crystalize concepts in your mind. Hear real-life stories from the author and other parents' lives that will make you laugh, cry . . . and think. You'll learn exactly what to say and do as the author applies the skills to the most common challenges parents face. You'll even get a chance to practice what you've learned so you remember and use it to your full potential. Once you finish reading The Parent's Toolshop, you'll find yourself referring to it again and again for quick problem solving. If you have a specific challenge, refer to the cross-referenced index of over 1,000 entries to find the hints and suggestions you need for a speedy and effective solution. When a crisis hits, simply open the back cover, where you'll find key tools from the entire book summarized ON ONE PAGE.

ANY PARENT OR FAMILY-SERVICE PROFESSIONAL WILL BENEFIT FROM THE PRACTICAL SKILLS AND PROFOUND REVELATIONS IN THE PARENT'S TOOLSHOP.

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Editorial Review

Review

"The Parent's Toolshop is my parenting Bible!" -- *Cynthia White, mother of three children*

"This book is dynamite! It is packed with tons of practical ideas." -- *Dr. Dennis O'Grady, founder of New Insights Consulting Services and author of "Taking the Fear out of Changing"*

An innovative way to choose helpful responses to almost any problem, including those in adult relationships! Most important, Pawel's advice is positive and trustworthy. I highly recommend it. -- *Jane Nelsen, Ed.D., author of Positive Discipline*

This book is dynamite! It is packed with tons of practical ideas. As a parent, I keep it by my bedside and also recommend it to the parents with whom I work. -- *Dr. Dennis O'Grady, founder of New Insights Consulting Services and author of Taking the Fear out of Changing*

Wow! This book is packed with wise and practical ideas for almost every parenting challenge you could imagine. And through it all runs Pawel's warm message of love and respect for parents and children alike. -- *Martha Farrell Erickson, Ph.D. Director of the Children, Youth & Family Consortium University of Minnesota*

From the Publisher

We, at Ambris Publishing, are proud of the superior quality of The Parent's Toolshop. This author has spent over fifteen years researching hundreds of parenting resources, talking with thousands of parents and family-service professionals, and field testing the teachings for almost ten years. It is rare to find authors so committed to excellence that they will make that kind of time investment.

Jody Johnston Pawel is a woman of integrity and a professional who truly excels in her field. Her rare background as the child of two parent educators, a parent educator for over twenty years, a mother, and a regular fixture in the media ideally suits Jody as a credible parenting expert. Most important, however, is Jody's commitment to parents and her a down-to-earth approach to giving advice. She is always looking for practical solutions parents can put into action immediately that will also reap positive benefits in the long-run.

We are excited about the potential The Parent's Toolshop has as a universal resource for parents - - one that is sure to last for generations. This book breaks the mold of traditional parenting books that only address one age, one topic or are just theoretical. This book truly is a one-stop resource that equals dozens of books combined. The field test results show statistically significant skill improvement from reading the book - - and follow-up studies show these results are long lasting. Pawel's "Universal Blueprint" problem-solving system is truly a ground-breaking technique that can revolutionize the field of parent education. The biggest surprise was how easily people successfully adapted this system to improve their adult relationships!

Ambris Publishing has big plans for The Parent's Toolshop; this book is just the first step. Parents are already asking for quick reference guides, audiotapes, videotapes, interactive CDs, follow up books, and special editions that apply the Universal Blueprint to non-parenting relationships, such as couples, teaching, and business.

Jody Johnston Pawel has made a heart-felt investment in the parents who will read *The Parent's Toolshop*. We are making a significant investment in this book and author because we see the potential for improving the lives of parents and children throughout the world and throughout the life cycle. We hope you make an investment in *The Parent's Toolshop* by purchasing the book, considering its profound revelations and using the practical solutions it teaches.

From the Author

Being the child of two parent educators gave me a distinct advantage in life -- as a child, a teen, a parent, and a parent educator.

I have always had a trusting, open, mutually respectful relationship with my parents. They taught me important life skills that helped me avoid common problems many teens have. I was not, however, a perfect child; I had personality traits that gave my parents ample opportunities to practice the skills they taught in their parenting classes. Unfortunately, having wonderful parents does not guarantee a happy childhood. I saw my parents use these same effective skills with my older brother, who experienced some horrendous traumas as a child. (I tell that story in the introduction of my book.) I saw the impact effective parenting skills can have in speeding the healing process. Our family's experiences proved to me that no problem is insurmountable and it is never too late to resolve a problem.

Learning effective parenting, relationship, and communication skills as my "first language," which helped me as a young wife and mother. I have had fewer bad habits to unlearn and relearn than most parents. Nevertheless, it still sometimes takes a conscious effort to use these effective skills, especially when I'm angry or my personality quirks try to interfere. When problems arise, I often see immediate results from using the skills I teach. With more difficult problems, I have to stick with my plan long enough to see the positive effects. I don't have perfect children but people, even strangers, often compliment their behavior. I encounter fewer problems than most parents because I'm experiencing the long-term benefits of using the skills with my children. When problems do arise, I know we can work out a solution, because we have a plan that consistently works.

As a licensed social worker and parent educator, I learn as much from the parents I teach as they learn from me. As I listen closely to what parents say, I find new ways to present complicated information and practical applications for the skills. During my early years as a parent educator, I listened to parents' frustrations with some parenting resources and their wishes for the "ideal" parenting book. I kept waiting for a parenting expert to write the book other parents and I were waiting for. Finally, opportunity and timing presented themselves after I'd developed my own expertise. I decided that if I wanted a comprehensive, practical, reliable parenting resource for my own parenting classes, I'd have to write it myself.

As I researched and compiled skills, ideas, and stories, my mind had to organize all I was learning. That was the beginning of the Universal Blueprint. I organized the parenting tools according to their purpose, just as a builder organizes tools into carpentry and plumbing toolsets. I found that certain parenting tools build on other tools, so I was careful to teach the skills in a particular order. To my amazement, I found that the tools were significantly more effective if parents also used the skills in this order. As I refined the Universal Blueprint, I saw patterns emerging. I devised easy ways to remember the toolsets and steps. During the seven years of field tests, parents experimented with the skills, using them in all their relationships, at home and at work, with children and with adults. Together, we discovered that with slight modifications the skills were effective in improving any human relationship, not just parent/child relationships.

Every parent who attended my parenting class showed significant statistical improvement in their parenting skills, regardless of their demographic background. I taught classes in the inner city, the suburbs, to court-ordered parents, new immigrants, and in every other setting imaginable. The demand for my classes was

quickly becoming more than I could handle. Parents wanted extra copies of my handouts and book drafts to send to friends and relatives. I wanted every parent to have the chance to learn about the Universal Blueprint and its skills, if they wanted to. The best way to do this, I thought, was to publish my book and make it available to everyone who might be interested. I wrote it so parents could learn the skills without taking a class, but also train "Tour Guides" (parent educators) to reach parents who want to discuss the skills in a group.

I wrote The Parent's Toolshop as though the reader and I are sitting on a couch and I'm explaining what I teach in my classes. I share real-life stories and examples to which parents can relate. Since parents frequently ask the same questions, I clarify common misconceptions, offer suggestions for common parenting problems, and give specific suggestions for exactly what to say and do. I decided against writing several books, each focusing on a different age group, relationship, or problem. Instead, I decided to list all the tools, describe how and when to use them, and explain how people could modify them to meet their individual family's needs. The result is a comprehensive resource that parents can use for generations to come.

I know that truly committed parents will read other books besides The Parent's Toolshop, but not all parenting resources offer accurate advice that stands the test of time. In my book, parents learn the universal guidelines for "balanced" parenting, proper definitions so they can screen other advice, suggestions for individualizing their parenting plan, and practice using the skills so they become a part of their unique personal style.

I sincerely hope that every person who desires healthy, rewarding relationships and wants to learn practical effective communication skills will read my book. It is rewarding to hear how much the book has improved people's lives. Knowing I've touched lives in a positive way is an emotional paycheck that rivals any material gain I might reap from this book. I used to say I was making a difference in "my little corner of the world." Now that I've joined the World Wide Web, I hope that "little corner" expands to farther reaches of the world.

May you and your family experience physical and emotional health, rewarding relationships, and deep abiding love.

Yours in service to families, Jody Johnston Pawel, LSW

Users Review

From reader reviews:

Margaret Chambers:

A lot of people always spent their very own free time to vacation as well as go to the outside with them family members or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read a new book. It is really fun for yourself. If you enjoy the book that you just read you can spent 24 hours a day to reading a guide. The book The Parent's Toolshop: The Universal Blueprint for Building a Healthy Family it is rather good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. In case you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore very easily to read this book from the smart phone. The price is not to fund but this book offers high quality.

Marie Boyd:

Are you kind of busy person, only have 10 or even 15 minute in your time to upgrading your mind expertise or thinking skill actually analytical thinking? Then you are receiving problem with the book in comparison with can satisfy your short time to read it because all this time you only find reserve that need more time to be go through. The Parent's Toolshop: The Universal Blueprint for Building a Healthy Family can be your answer as it can be read by you actually who have those short spare time problems.

Margaret Garcia:

Reading a book to get new life style in this 12 months; every people loves to learn a book. When you read a book you can get a wide range of benefit. When you read books, you can improve your knowledge, due to the fact book has a lot of information upon it. The information that you will get depend on what types of book that you have read. In order to get information about your study, you can read education books, but if you want to entertain yourself you are able to a fiction books, these kinds of us novel, comics, and also soon. The The Parent's Toolshop: The Universal Blueprint for Building a Healthy Family will give you a new experience in reading through a book.

Jacqueline Britt:

In this period of time globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of recommendations to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher that will print many kinds of book. The particular book that recommended to you personally is The Parent's Toolshop: The Universal Blueprint for Building a Healthy Family this reserve consist a lot of the information of the condition of this world now. This specific book was represented just how can the world has grown up. The language styles that writer use to explain it is easy to understand. The writer made some analysis when he makes this book. Here is why this book suitable all of you.

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