



Five Weeks to Lasting Peace with Your Intense, Difficult Child

ABOUT NHA

Howard Glasser developed the Nurtured Heart Approach (NHA) in late '90s. He noticed that all kids, especially challenging ones, had similar character traits.

NHA has worked in Head Start, Juvenile Court, with foster kids, etc.

It's worked with all levels of severity: kids with ADHD, Oppositional Defiance Disorder, Post Traumatic Stress Disorder, Fetal Alcohol Syndrome.

It also helps ALL children flourish, whether or not they have any of the above issues.

BASIC BELIEFS

- **Intensity** is a gift.
- The true essence of intensity is LIFE FORCE.
- **Medication tempers intensity but it doesn't get rid of it.** The NHA uses child's intensity in healthy ways, thereby reducing the need for meds.
- **Intensity can be used for good or bad** – our job is to teach child to channel it for good (for themselves and others).
- **Typical parenting and teaching methods are for the average child, AND they make parenting harder and the situation worse.** That's because they are for the average child. Even with average children, these typical methods *still* don't help them flourish.
- **Typical parenting methods BACKFIRE with challenging children.** The *harder* normal methods are applied, the worse the situation can get: despite the best of intentions.
- **This is a no-shame, no-blame model** that levels the playing field.
- **Most parents have great intentions for their child;** they need the right tools and support so they succeed.

- Teachers and parents found that **the approach also had extraordinary effects in helping the non-challenging students to flourish** beyond normal expectations.
- Children need to be ***stronger on the inside*** now more than ever before (inner wealth).

THE BASICS OF THE NURTURED HEART APPROACH

The Nurtured Heart Approach has **3 foundational parts** that are key to everything working:

1. **Super-Energizing experiences of success**
2. **Refusing to energize or accidentally reward negativity.**
3. **Providing an optimal level of limit setting and consequences.**

This works because we learn to create ***first-hand-experiences*** (“Here you are being successful..”).

This works because it is relentlessly reflecting, “This is who you ***really*** are. It’s not a question of whether you can or can’t, you ***are.***”

Toys R’ Us: We are by far our child’s most interesting “toy.” We have, by far, more features. This starts at birth. The patterns of interaction between us and our child start at infancy!

Bottom line: Our kids aren’t out to get us. They are out to get our energy!

Intense and challenging kids learn that we are so much more animated when things are not going well. They learn what gets us going!

We are the PRIZE! Like it or not, this is the “way it is.”

Our emotions, our level of involvement, our reactions are what kids are after (the prize).

Children have an uncanny way of knowing where “MORE” is. Fortunately, we get to choose what we give our energy to and how we do that.

GOOD NEWS AND BAD NEWS

It’s not an accident that so many children are attracted to games like Nintendo.

While child is playing the game, life truly makes sense. The rules are totally clear and predictable and so are the incentives.

We’re out to structure life so that our children WIN. Given the right level of structure, we can help them use their intensity and energies successfully.

Imagine if challenging children applied themselves to the game of life with the same level of energy and commitment. THAT’S what we’re after.