

# Course Guide

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- Session 1**     **Who Are TWOs Anyway?**  
 Learn why we think TWOs are terrific. Meet other group members and learn how the group can be a valuable resource for your family. Find out about the discussion topics and how we will work together over the series. Talk about what it's like to be a TWO and the developmental tasks, needs, and motivations of TWOs.
- Session 2**     **Who Are We as Parents and Families?**  
 Identify your values and long-term goals in parenting. Discuss differences in goals and styles between parents and within families. Recognize and respect your parenting style as your child's first and most important teacher.
- Session 3**     **Who Is Your Child?**  
 Consider how unique your TWO is! Learn how to appreciate and respect your child's areas of strength, while helping your child grow in areas of challenge. Think about how your temperament fits with your TWO's temperament. Practice reframing negative labels into encouraging language, making it easier to talk about differences and challenges.
- Session 4**     **Words That Work**  
 Understand the power of your words and body language on your TWO's developing communication skills. Think about how patterns of communication develop in families. Learn "Words That Work" to guide your TWO and ways to encourage language development.
- Session 5**     **Setting Your Family Up for Success**  
 Prepare your TWO for the "Game of Life" with family guidelines, developing routines, and being "one step ahead" of the game. Tackle the challenging issue of discipline using approaches that are effective long-term, not just "in the moment." Discover how you can set your child and family up for success.
- Session 6**     **TWOs' Journey to Self-Discipline**  
 Consider your TWO's development, individual differences, and your own values when guiding your TWO in the journey to self-discipline. Discuss how TWOs "get into trouble" because of all the important things they don't know, and the things they are in the process of learning. Develop a learning and teaching plan for your TWO.
- Session 7**     **Strategies for Effective Discipline**  
 Learn a clear, respectful method for working together as a family to find solutions to problems. Develop tools for effective discipline with an emphasis on working with TWOs, including limit-setting, helping TWOs learn about the consequences of their behavior, and positive time outs.
- Session 8**     **Upsets and Meltdowns: Theirs and Ours**  
 Understand upsets from your child's point of view. Learn how you and your children are similar in your reasons for upsets, yet developmentally very different. Discover how to handle your upsets and your TWO's upsets more effectively and ways to prevent future upsets. Explore ways to nurture yourself and your family.
- Session 9**     **Moving Into the Outside World**  
 Learn how to discuss your family values with other people in your child's life. Explore strategies for being proactive about guns, commercialism, and unsafe people. Be a "media-wise family." Discuss how to empower children to eventually handle outside influences themselves.
- Session 10**    **Celebrating Our Families**  
 Celebrate your family's special qualities. Learn about the meaning and value of play for you individually, for your child, and for your family. Review the parenting skills, strategies, and ideas from the *Terrific* TWOs. Appreciate and acknowledge growth in the group. Celebrate the completion of the series and make plans for the future of your group.