

***Thrilling* THREES Course Guide**

- Session 1 Who are the THREES?**
Get to know members of your group. Explore life through the eyes of your THREE and learn about the natural and positive motivations behind THREE's behavior.
- Session 2 Who are we as Parents? Who is our Village?**
What are your family's values, goals, and guidelines? Explore benefits and challenges in your child's spheres of influence.
- Session 3 Who is your Child?**
Explore your child's temperamental tendencies and ways you can work with your child's strengths and challenges.
- Session 4 Setting the Climate of our Home: Communication**
Explore your family's style of communication and identify patterns you want to cultivate so that the language of your home is clear and clean. Revisit effective problem-solving methods, both as parents and with your THREE.
- Session 5 Setting the Climate of our Home: Self-care and our Relationships**
It is important for parents to take care of themselves, their partnership and friendships not in spite of being parents but BECAUSE they are parents. Explore ways to nurture your relationship with your child and other adults, and brainstorm ways to care for yourself.
- Session 6 Warm and Firm: Being a Friendly Guide to our THREE (discipline).**
Explore positive ways to guide your THREE to be safe, to connect with others, and to learn the rules in this complex world. Put the learning questions to use, as well as get some tips and tricks to effective discipline for THREES.
- Session 7 Emotions: Teaching the ABCs of Emotional Intelligence**
Practice emotion coaching and guiding your THREE towards self-regulation (a goal that is emerging between 3 and 4 and continues into early adult-hood.) Learn to understand and manage challenging behaviors. Explore your own emotions and how they factor into parenting.
- Session 8 Your Social THREE**
THREES can do a lot with friends now. But can they really share? How can we foster empathy? Explore ways to keep your expectations realistic, build skills, and support your child's social development.
- Session 9 Monsters and Fairies: What's going on in a THREE's Brain Development?**
Why is your THREE suddenly afraid of bedtime when they have always been such a good sleeper? How has your THREE turned into a dog who wants to lap water from a bowl instead of drinking from a cup? Learn the brain science of these and other phenomena that make the THREES thrilling!
- Session 10 Looking Ahead**
Plan ahead for challenging conversations and BIG topics that will come up as your child continues to learn about the world. Celebrate your group, the joys and learning moments you've shared, and make a plan for the future.