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Coach your child to use Imagination to Create New Patterns of Behavior by Rachael Mahm

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You can help your child to change undesirable behavior because his brain cannot tell the difference between something imagined and reality. The feelings associated with it will occur, whether the situation is real or in his mind. By taking a behavior that needs to change, you can get your son to use his imagination to change it by imagining the outcome rather than the doing of the task.

For example, eating the wrong fatty foods and drinking sweet stuff that has made your child gain too much weight for her current age and size. We need to focus our imagination on the completion of the task i.e. loss of the extra weight.

When you use these Life Skill and technique diligently and regularly with your child, you will reap the positive discipline results for your family as a whole. You and your children will communicate more effectively and harmoniously in any situation to achieve win win outcomes.

Have fun implementing this new Life Skill Tool Box #3 with your child!

I have the Best Selling Author Multimedia parenting program on www.Motivateschoolkids.com which has proven techniques to improve your relationship with your child.

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Rachael Mahm - About Author:
For more information about a Parent Helpline please visit a http://www.motivateschoolkids.com/

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